uga Times, Wednesday, November 19, 1975 The Mit

An apple a day

BY HELEN KAULBACH Apples have come a long way since Eve tasted the forbidden fruit. As the oldest tasted the forbidden truit. As the oncest fruit known to man, right down the years to modern times, apples are still the most widely cultivated and popular fruit. Several varieties of apples were recognized and recorded in Europe more then 2 00 means aco, and were probably

rohably than 2,000 years ago, and were probably used as food for a thousand years before that. The earliest explorers to North America introduced seedlings of the better known varieties, and there were orchards in the Matthie provinces and the New England stores as early as 1600. Johnny Appleseed is a legendary character in children's stories who

travelled throughout the west scattering apple seeds wherever he went. The story is based on an actual person, Jonathan Chapman, a pioneer settler, who was responsible for the establishment of orchards throughout the middle west and the foothills of the rockies.

The main apple growing areas of Canada are the Annapolis Valley in Nova Scotia, the Niagara Peninsula in Ontario and the Okanagan Valley in British Columbia

Apples, although ripening between late August and mid October, are generally considered a year-round fruit. With proper storage, usually at one or two proper storage, usually at one or two degrees above freezing and a controlled humidity, they can be sold fresh all year rourid. Apples are also a good distary food, containing large amounts of vitamin C. They have 50 to 100 calories per apple, depending on size. Curiously, apples are from the same botanical family as the rose although they /bear little resemblance to each other. When grandmother was a little girl she

When grandmother was a little girl, she

often ate a fruit called the Love Apple Today we know the love apple as a tomato. The name 'apple' has been incor-porated in the names of many other items that are not apples. The Mayapple is an herb also known as mandrake root An Oak Apple is the blemish produced on

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insect

The popularity of apples has also caused them to be used in sayings and cliches To 'upset the applecart' means to cause trouble or to change plans. The 'apple of discord' was the golden apple of Greek mythology which was presented as an award for favors done against the law. The 'apple of Peru' is also known as Jimsonweed. The 'apple of Sodom' means to meet bitter disappointment or dis-illusionment. 'Apple of the eye' has come

to mean a special person. An 'apple polishews's a person who seeks advance-ment by flattering the boss. Phrase like apple pie order' and 'as wholesome as apple pie' show the high regard for this tasty pastry over the

Here, straight from my grandmother's cookbook, is a recipe for a great apple pie. APPLE-CUSTARD PIE

5 large apples 2 tbsp. lemon juice ¹/₂ cup sugar (for filling) 2 tbsp. flour (for filling)

 ½ tsp. nutmeg

 ½ tsp. nutmeg

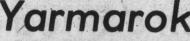
 ½ cup sugar (for topping)

 ½ cup flour (for topping)

1/2 cup butter

1 cup cream cheddar cheese pastry for one-crust pie cheddar cheese pastry for one-crust pie Put pastry in a nine inch pie plate, fluting the edges so that the rim is high. Pare and slice apples into a large bowl, sprinkle lemon juice over. Mix sugar, flour and nutmeg, sprinkle over apples tossing to coat well. Spoon into prepared shell

Combine sugar and flour for topping in a small bowl, cut in butter until crumbly. a small bowl, cut in butter until crumbly. Sprinkle over apples. Cover pie loosely with foil and bake in a hot oven, 425 degrees, for 45 minutes. Uncover, drizzle 4/2. cup cream over, bake 15 minutes longer, until the top is golden. Remoye pie from oven and drizzle remaining cream over. Cool about one hour Serve cream over. Cool about one hour. Servi topped with grated cheese.



The gaiety and tradition of the Ukrainian Yarmarok or Christmas marketplace, will fill St. Mary's Dormition Ukrainian Catholic Church on Saturday, Nøv. 29 from 2 p.m. to 9 p.m. and Sunday, Nov. 30 from 2 p.m. to 6 p.m. Ukrainian music and dancing will play a large part in the carnival, with the colorful folk dancing ensemble, the Barnical anterining

the carnival, with the colorful folk dancing ensemble, the Barvinok, entertaining. Staples for the Ukrainian Christmas table, such as fresh honey, poppy seeds, dried mushrooms, and wheat will be available along with an array of succulent Euro-pean cooking. Sweet breads, kolach, frozen pyrohy, cheesecakes, tortes, crispy khrusty, potato dumplings (pyrohy), sausage, kapusta, and tangy pickles will be for sale.

In the old-fashioned, rollicking Korshma, refreshments will be sold-by the men's club, to go with hot plates of Ukrainian fare. Hot pyrohy, (dumplings), or kapusta with European meats will sell for \$2. The traditions and culture of the Ukrainian people will be exhibited in the arts and crafts, and handiwork perpetuated by the Ukrainian descendents in our com-munity. Intricate cross-stitched embroidery, dresses, scarves, pillows, blouses and aprons will be on sale. Ceramics and chinaware in traditional motifs and patterns in everything from ash trays to vases and tea sets will sell from \$1 to \$25. Just about any item you can name from wrapping

sets will sell from \$1 to \$25. Just about any item you can name from wrapping paper to records, to candles to homemade dolls and stuffed animals will be on display for the Christmas shopper who wants an unusual Christmas gift. Lottery tickets will be sold at \$1 each, with three lucky people receiving \$1,000, \$500, and \$100 respectively on Sunday, Nov. 30. Remaining proceeds from the lottery tickets, which may be purchased at the door, will go towards the building of the new Ukrainian church in Mississauga.

Yarmarok, Mississauga's version of the annual Caravan héld in Toronto, saw 15,000 people pass through

It is doors last year. It is the only Yarmarok in Ontario and an overwhelming crowd is expected for this year's fourth ual carnival



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