



## An apple a day

By HELEN KAULBACH  
Apples have come a long way since Eve tasted the forbidden fruit. As the oldest 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 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 Maritime provinces and the New England states 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 degrees above freezing and a controlled humidity, they can be sold fresh all year round. Apples are also a good dietary 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 often ate a fruit called the Love Apple. Today we know the love apple as a tomato. The name 'apple' has been incorporated 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

the trunk of an oak tree by a burrowing insect.

The popularity of apples has also caused them to be used in sayings and clichés. 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 disillusionment. 'Apple of the eye' has come to mean a special person. An 'apple polisher' is a person who seeks advancement by flattering the boss.

Phrases like 'apple pie order' and 'as wholesome as apple pie' show the high regard for this tasty pastry over the years.

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)
- 1/2 tsp. nutmeg
- 1/2 cup sugar (for topping)
- 1/2 cup flour (for topping)
- 1/2 cup butter
- 1 cup cream

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. Sprinkle over apples. Cover pie loosely with foil and bake in a hot oven, 425 degrees, for 45 minutes. Uncover, drizzle 1/2 cup cream over, bake 15 minutes longer, until the top is golden. Remove pie from oven and drizzle remaining cream over. Cool about one hour. Serve topped with grated cheese.

## Yarmarok

The gaiety and tradition of the Ukrainian Yarmarok, or Christmas marketplace, will fill St. Mary's Dormition Ukrainian Catholic Church on Saturday, Nov. 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 Barvinko, 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 European cooking. Sweet breads, kolach, frozen pyrohy, cheesecakes, tortes, crispy khursty, 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 handwork perpetuated by the Ukrainian descendants in our community. 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 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 held in Toronto, saw 15,000 people pass through its doors last year.

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

Best of all, admission and parking are free. Everyone is invited. The church is located at 3625 Cawthra Road.



Anne Perebraz, already bilingual at three, models a hand worked blouse, one of many available at Yarmarok.

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