



County Fair



OCTOBER 2018

# THE FRESH TAKE

OUR MONTHLY NEWSLETTER

Open Mon-Fri 8a-9p, Sat & Sun 8a-8p

[www.countyfairfoods.net](http://www.countyfairfoods.net)

"There is no season when such pleasant and sunny spots may be lighted on, and produce so pleasant an effect on the feelings, as now in October."

- Nathaniel Hawthorne

## PUMPKIN PATCH PARTY!

Come join us at County Fair  
SUNDAY, OCT 28, 11am-3pm

for pumpkins,  
coloring contest,  
caramel apples  
for the kids and  
hotdogs for lunch!



### FAST FACTS about APPLES!

- It takes about 36 apples to make one gallon of apple cider!
- 25% of an apple's volume is air; that's why they float.
- Apples are fat-free, sodium-free and cholesterol-free. And they taste great, too!

What is a ghost's favorite thing to throw?  
A BOO-merang!



It's Harvest time! Don't let October scare you away from cooking a delicious meal with fresh fall favorites like squash, sweet potatoes, pumpkin, and, of course, APPLES! Whether you are biting into a crisp, juicy apple as a snack, chopping it up to incorporate in a salad, or gently cooking with cinnamon and sugar to fill a pie, apples that have recently been harvested are



going to taste the best and improve your recipes. There are at least two dozen varieties at their peak in October, including Crispin, Braeburn, Granny Smith, and Fuji, just to name a few. So go ahead and take a bite! *The Baffes Family*

✿ FROM OUR COUNTY FAIR KITCHEN ✿

### Pork Chops With Apples & Garlic Smashed Potatoes



1 lb. fingerling potatoes  
2 cloves garlic  
Kosher salt  
4-1/2" thick boneless pork loin chops (5 oz. ea.)

2 teaspoons chopped fresh sage  
Freshly ground pepper  
1 tablespoon extra virgin olive oil

1 large red onion, cut into 1/2" wedges  
2 Granny Smith apples, cut into 1/2" pieces  
3/4 cup apple cider  
1/4 cup buttermilk

**INSTRUCTIONS** 1. Place potatoes and garlic in a saucepan, cover with cold water and season with salt. Cover and bring to a boil, then uncover and continue cooking until tender, about 15 min. Cover and set aside. 2. Rub both sides of pork chops with sage, plus salt and pepper to taste. 3. Heat a large cast-iron skillet over high heat, add 1 tsp. olive oil and sear until golden on both sides, about 5 min. total. Transfer to a plate. 4. Wipe out skillet and add remaining 2 tsp. olive oil. Add the onion and apples and cook over med-high heat until lightly browned, about 5 min. Season with salt and pepper and stir in the cider. 5. Return the chops to the skillet. Cover and cook, turning once, until just cooked through, 4-5 min. 6. Drain the potatoes, reserving 1/4 cup liquid. Return the potatoes to the pan; add the buttermilk and mash, adding cooking liquid as needed. Season with salt and pepper. Serve with the pork chops, onion and apples. Drizzle with the pan juices.



### Empty Calories Diets in Review.com



10800 South Western Ave.

773-238-5576