

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Orchard Fresh

By Arleen M. Kaptur

Orchard Fresh by Arleen M. Kaptur

A few apple-delicious facts:

Two pounds of apples make an excellent 9" pie.

Apples are fat, sodium and cholesterol free.

It takes an apple three four to five years to produce its first fruits – no wonder they taste so great!

A bowl of beautiful red, yellow, and green apples will enhance your home with color, aroma and a delicate appearance. Run a pretty fall ribbon through the bowl or basket that contains your apples or even tie a pretty raffia ribbon at the base.

Apples in bushels outside on steps, porches, decks, etc. add a nice "atmosphere" of fall to your decor.

Dried apples strung on a tree give a treat to our fine feathered friends as well as a festive look to an area. Intertwine with dried oranges, cranberries, dried berries, and you have an autumn garland.

Dippin'apples:

1 (8 oz.) pkg. cream cheese

1 cup brown sugar, packed

1/2 cup chopped dry roasted peanuts

(optional)

1 tsp. vanilla

Cream all ingredients together. Serve with crisp apple slices.

Caramel apples the easy way!

A great way to grace your table with apples:

Cut top off an apple. Scoop out inside, leaving 1/4" thick shell.

With pointed sharp knife, mark petal shapes; cut along markings.

Brush cut edges with lemon juice to prevent browning.

Fill with a fruit salad, ice cream, or lettuce salad, also rice or corn.

A very nice addition!

Pan-fried apple slices:

Orchard Fresh

2 red cooking apples, cored

2 tbs. butter, softened

1/2 cup apple jelly

Cut apples into 1/2" thick wedges. In a pan over medium heat, in hot butter, cook apple wedges about 7–9 mins. or until apples are crisp–tender.

With a pancake turner, turn wedges once during cooking.

Stir in apple jelly; heat through.

Serve with baked ham or with pancakes.

All–time favorite – a fresh from the oven piece of your favorite apple pie – with our without that scoop of vanilla ice cream.

Ah! the beauty of life.

ENJOY!

©Arleen M. Kaptur 2002 October

Author of numerous books, cookbooks, articles – Holiday newsletters, gift ideas <http://www.Arleens–RusticLiving.com> <http://www.arleensite.com> <http://www.webspawner.com/users/rusticliving>

Our Visit To Orchard Country Winery In Door County

By Dorrie Ruplinger

There are so many things to do and places to go in Door County that it is hard to pick what to do. There never seems to be enough time to do everything. There's boating, golfing, a nature center, several parks, biking, hiking, shopping, eating (one of my favorite things to do!), and a host of other things to do and see in Door County. Because I enjoy Door County so much I wanted to share some of my activities and experiences there. One of those was a visit to Lautenbach's Orchard Country Winery and Market.

If you like wine, a really fun thing to do is to visit several of the wineries in Door County (Door Peninsula Winery is another popular Door County Winery). Orchard Winery, located on Hwy 42, just south of Fish Creek, Wisconsin was one of our stops during a fall trip to Door County.

In addition to a winery and fresh Door County cherries (when in season), the main market building on the grounds offers many different specialty food items as well as fresh baked pies. Also offered are scenic trolley tours of the area and tours of the winery. Other seasonal activities at the orchard include horse drawn sleigh rides, haunted hayrides, and a winter wine fest.

When my husband, my oldest grown son, and I stopped at the winery it was later in the afternoon in the middle of the week. The last winery tour for the day had already ended. We were disappointed to have missed out on the tour, but instead we headed to the wine tasting bar in the main building. At the tasting bar we were given a list of all the wines offered by the winery. There are over 30.

Orchard Fresh

Complimentary tasting of up to 8 wines is offered to all patrons over 21 years of age.

After mulling over the choices for a few minutes we started sipping wines. The winery specializes in fruit wines, particularly cherry, because of the great cherry growing climate in Door County. They also offer one homegrown grape wine made with red grapes grown on the winery grounds, a wine named Audrey Grace. It is a dry wine, a new offering from the winery. The grapevines were planted just a few years ago to see how they would perform in the cool, short growing season of Door County.

Although the winery specializes in fruit wines, they have other offerings made with various grapes, but those wines are not made on the premises because those fruits are not native to the area. Some of the other wines are made on the premises but with juice bought just for that purpose. For instance, our hostess at the wine bar told us the juice for their semi dry wine called Swedish Lingonberry is imported from Sweden.

Other wines that we tasted and really enjoyed were the Autumn Harvest wine, a cranberry apple wine; Sweet Cherry wine, a nicely sweet wine made with Door County cherries; Strawberry Lyte, not a diet wine but a delicious lighter-tasting wine; Blackberry Blend, a very good wine that tasted like sweet blackberries; and Red Raspberry Lyte, another lighter-tasting wine that's a combination of white grapes and raspberries.

We were told the top selling wine at the winery is the Blackberry Blend. The number two seller is the Red Raspberry Lyte. The winery's best-selling cherry wine is their Cherry Blossom wine.

After tasting several wines we headed over to the bottled wine section of the store and stocked up on

our favorites. Back home, we'll be able to enjoy the wine and reminisce about our trip to Door County.

Dorrie Ruplinger is a featured writer for

. For more information on

Door County, Wisconsin including places to eat; things to do; lodging; shopping information; and real estate information visit

.



This Free E-Book has been brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!