



“Rebellious leaves going out in a blaze of glory, setting trees aflame in riotous color. Reluctant surrender to rumors of coming winter.” — John Mark Green

## SEPTEMBER

September is a breath of fresh air after a warm summer in the sun. The weather is changing and leaves are falling from the trees. Fruits and vegetables are still growing, but we find the heartier and better suited for the cold weather, just as we are preparing for the colder months and all the celebrations they bring. While September is in the middle of the year, there is a feeling of new beginnings and this brings a special energy to the end of the year.



## WHY DO THE LEAVES CHANGE?

The leaves are changing color and falling from the branches of the trees. This naturally happens when the temperature drops and the production of auxin in the leaves decreases. This reduction of auxin weakens the joints that connect the leaf to the branch and the strain eventually causes the leaf to drop. While beautiful and a little sad, the shedding of leaves is a part of the tree’s lifecycle and helps reduce the amount of energy the tree has to expend during the winter.

## WHAT’S IN SEASON?

Apple  
Blackberries  
Cranberries  
Figs  
Grapes  
Mangoes



Nectarines  
Peaches  
Persimmons  
Plums  
Pomegranates  
Raspberries



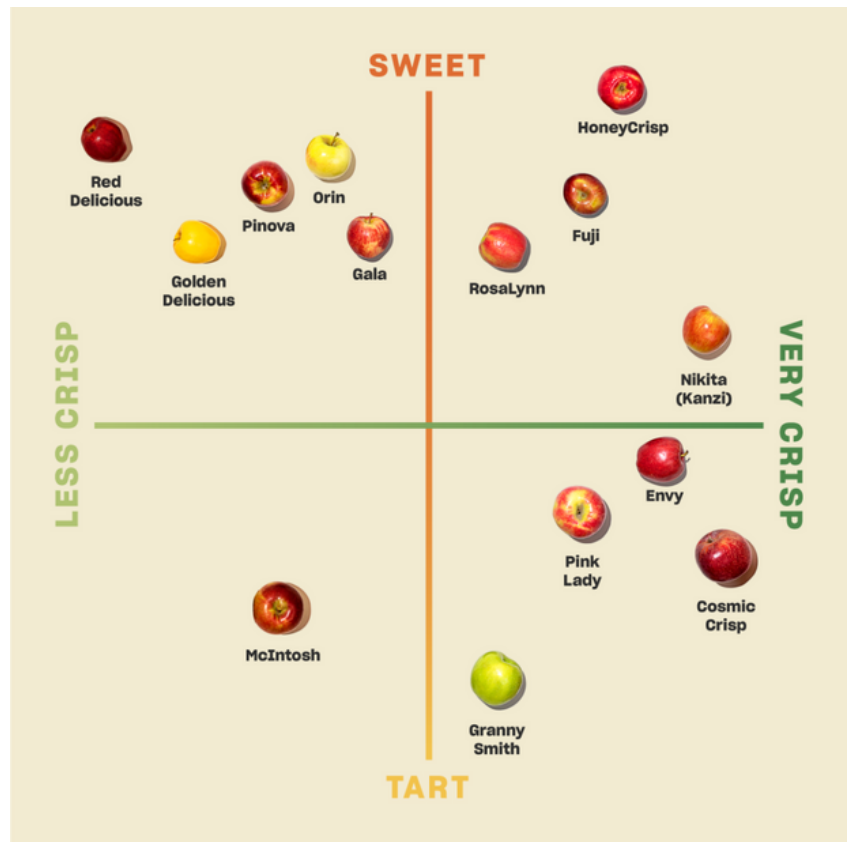
Artichokes  
Cauliflower  
Cucumbers  
Corn  
Eggplant  
Parsnips



Peppers  
Spinach  
Summer squash  
Sweet potatoes  
Tomatoes  
Winter squash

# Picking Apples

It is fall which means it's apple picking season! While going apple picking is a fun pastime, most of us get our apples from the grocery store. The biggest dilemma one faces with apples is which kind do you choose! There is such a large variety of apples on the market that it can be hard to decide on a single apple. We have provided a graph to help with the decision paralysis we all face when it comes to apples.



# Baked Apples

Pre heat oven to 375°

## Ingredients

- 4 large good baking apples (Rome Beauty, Golden Delicious, or Jonagold)
- 1/4 cup brown sugar
- 1 teaspoon cinnamon
- 1/4 cup chopped pecans, optional
- 1/4 cup currants or chopped raisins
- 1 tablespoon butter
- 3/4 cup boiling water

## Instructions

- 1) Cut out holes in apples for stuffing: Rinse and dry the apples. Using a sharp paring knife or an apple corer, cut out the cores, leaving the bottom 1/2 inch of the apples intact. The holes should be an inch or so wide.
  - 2) Place the brown sugar, cinnamon, currants or chopped raisins, and chopped pecans (if using) in a small bowl and stir to combine.
  - 3) Put the apples in a baking dish and stuff each apple with the sugar stuffing mixture. Place a dot of butter on top of the sugar.
  - 4) Bake until tender: Pour the boiling water into the bottom of the baking dish. Bake for 30 to 45 minutes, until the apples are cooked through and tender, but not overcooked and mushy.
- When done, remove the apples from the oven and baste them with the juices from the pan.

Great with a side of vanilla ice cream!



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