



Did You Know?

Our crisp fall apples are available from late August through December 24th in our Farm Market. **Also check out our:**

- **Farm Market** - Open 8-6 daily, July - Dec. 24th. Choose from a wide variety of apples, apple ciders, apple donuts, caramel apples, pies, breads and more.
- **U-Pick Apples** - Fun for the whole family, open everyday in fall, 10-5. You'll enjoy the long wagon ride through our picturesque orchards.
- **Apple Gift Boxes** - A 'fresh' gift idea, send a taste of Westview across the USA from November - December. Each box includes one of our 'Holiday Apple-Gram' apples.
- **Westview Bakery** - Open fall weekends 10-6 featuring 14 different 10-inch deep dish pies, cream cheese logs, breads, our 'signature item' fruit flips, big donuts and more.
- **Our Real Apple Cider** - Made fresh weekly September through December 24th, using our state-of-the-art cider mill and apples only picked from the tree.



"I'm pleased that Westview has grown from the fun farm market I remember when I was a kid. Now I can visit with my children and have a lot more fun. My kids love the animals, wagon rides and caramel apples!"

-The Charleston Family



866-WVO-4-FUN (986-4386)
WestviewOrchards.com

WESTVIEW-ORCHARDS & Adventure Farm

Our Celebration of APPLES!



WestviewOrchards.com

Once you've had a taste, you'll be positively passionate about our apples too!

You'll always find just the right crunch-y apple flavor - from 20 different kinds!

Families have been choosing Westview's apples for generations. Why? Because you can't get fresher apples than this.



"Our annual trip to Michigan and Westview Orchards is one of our favorite family traditions. Three generations of our family come together to enjoy apple picking, the pumpkin patch and all of the fall festivities."
-Mary Hogan

And you can trust that the apples have been grown with your family in mind. To insure that every apple your family eats is both wholesome and safe, we follow guidelines developed by Michigan State University Extension and use state-of-the-art orchard technology that is also environmentally-friendly.

Apples: Take a healthy bite!

Eating a balanced diet and exercising regularly are the keys to good health. Eating at least two cups of fruit each day will help you and your family on the path to a healthier lifestyle. And apples, in all their flavorful varieties, fresh, frozen, canned, dried, and pure apple cider prove that good-for-you food can taste good, too.

Core apple nutrition facts:

Just about everyone loves biting into a fresh, crisp apple. But, do you know how good for you apples really are? Here are some facts that will make you feel even better about this wonderful fruit:

- Apples are fat-free, cholesterol free, and sodium free, a plus for maintaining a healthy heart.
- Apples have lots of fiber, promoting heart health and maintaining regularity.



"We had a great time together, picking & eating apples, laughing, and taking photos of our fun time together. That was a special day that all of us talk about... we'll definitely visit again."
-A Roseville Family

- At 80 calories per serving, apples are a great tasting "diet" food.
- Apples are a healthy source of antioxidants, which help maintain normal cell function by protecting against free radical damage.
- Including apples in your daily diet with lots of fruits and vegetables may reduce the risk of some types of cancer and other chronic diseases.

Tons of variety, great taste and good for you. Apples have it all!

Easy ways to add apples to your day.

You don't have to look far to find creative and delicious ways to add more apples into your diet. Use these ideas to get you started, then use your own creativity!



- **Stir some apple** slices or applesauce into your hot or cold breakfast cereal.

- **Garnish a green salad** with diced apples. (choose Gala, Empire, Yellow Delicious; they brown less than other varieties)

- **Snack on an apple** for a healthy afternoon energy boost – try a different variety every day of the week.

- **Serve a side dish** of applesauce with lunch or dinner.

- **Quench your thirst** with an apple cider spritzer, apple cider slushie, or mug of hot cider.

- **Substitute applesauce** for oil in some baked goods, to cut fat and calories. This works especially well with cakes, muffins and brownies.

For more Tips and Recipes visit our website at WestviewOrchards.com and click on 'Recipes' tab.

Our Best Applesauce:

This applesauce is delicious served with pork dishes.

Ingredients:

- 6 Large Cooking Apples
- 1/2 Cup Apple Cider
- 1/4 Cup White Sugar

- Brown Sugar to Taste
- Cinnamon, Nutmeg, Ginger, Cloves or Allspice to taste (optional)

Directions:

1. Peel, core and slice apples into chunks.
2. Place apples in a 3-quart saucepan with 1/2 cup Apple Cider.
3. Bring to boil, then reduce heat, cover and simmer until tender (about 20 minutes). Stir every 5 minutes.
4. Stir in 1/4 cup white sugar and brown sugar to taste. If desired, add nutmeg, ginger, cloves, or allspice to taste. Cook 2 minutes longer.
5. Mash in pot, or cool and puree in a food processor.
6. Cool, then store in clean jars. Refrigerate up to 2 weeks. Freezes, too.

(Makes 4 cups)

Tip: For applesauce with a rosy-hue and cinnamon flavor, add a few red-hot cinnamon candies to the simmering apples.

Bacon, Lettuce, Apple Bites:

Ingredients:

- 1 lb. Bacon
- 2 heads Bibb Lettuce
- 1 T. Lemon Juice
- 4 10-inch Flour Tortillas
- 1/2 lb. sliced Sharp Cheddar Cheese
- 1 Apple, (Empire, Gala, Jonagold) cut julienne
- 4 T. Mayonnaise or Miracle Whip

Directions:

1. Toss apples in lemon juice.
2. Cook bacon in a large skillet until crisp. Drain on paper towel.
3. Spread 1 tablespoon mayonnaise on each tortilla.
4. Divide cheddar cheese, lettuce, bacon, and apples between each tortilla. Roll tightly.
5. Wrap in plastic wrap and refrigerate 30 minutes. Slice into 1/2 inch rounds and serve.

Variation: These make great wraps; just cut in half and serve. Apples may be chopped instead of julienned.

Apple-Cranberry Salad:

Ingredients:

- 2 (3 oz.) pkgs. Cran-raspberry Jello
- 1 can whole Cranberry Sauce
- 2 C. hot Cider
- 1 C. chopped, unpared Apple (Empire, Ida Red, Gala)
- 1 #2 can Crushed Pineapple
- 1/4 C. chopped Walnuts

Directions:

1. Dissolve Jello in hot cider.
2. Add crushed pineapple and cranberry sauce.
3. Stir until well blended.
4. Cool to room temperature.
5. Add chopped apple and nuts.
6. Chill until firm.

Serves 8 - 10.

Westview's Orchard Apple Usage Chart

Variety	Taste & Texture	Uses
Braeburn	Tart-sweet & Crispy Firm	Eating Fresh & Baking
Cortland	Tart-sweet & Crispy	Eating Fresh & Baking
Empire	Sweet-tart & Crispy Firm	Eating Fresh & Baking
Enterprise	Sweet-tart & Crispy Firm	Eating Fresh & Baking
Fuji	Sweet & Firm-Firm	Eating Fresh & Baking
Gala	Sweet & Crispy Firm	Eating Fresh & Baking
Gold Rush	Very Tart & Firm-Firm	Eating Fresh & Baking
Honey Crisp	Sweet & Juicy Firm	Eating Fresh
Ida Red	Tart-sweet & Crispy Firm	Eating Fresh & Baking
Jonagold	Sweet-tart & Juicy Firm	Eating Fresh & Baking
Jonathan	Tart-sweet & Juicy Firm	Eating Fresh & Baking
McIntosh	Tart-sweet & Juicy Firm	Eating Fresh & Baking
Mutsu	Sweet-tart & Crispy Firm	Eating Fresh & Baking
Paula Red	Sweet-tart & Juicy Firm	Eating Fresh & Baking
Red Delicious	Sweet & Crispy Firm	Eating Fresh
Sparta Mac	Tart-sweet & Crispy Firm	Eating Fresh & Baking
Spy	Tart & Crispy Firm	Eating Fresh & Baking
Winesap	Sweet-tart & Crispy Firm	Eating Fresh & Baking
Yellow Delicious	Sweet & Crispy	Eating Fresh & Baking

To peel or not to peel?

Actually, there's no question here—whenever possible, don't peel that apple. Two-thirds of the fiber, and many of the antioxidants, are found in an apple's peel.

Apples A-Weigh

One-pound of apples equals:

- 4 small or 3 medium or 2 large apples
- 3 cups diced apples
- 2 1/4 cups sliced apples
- **One bushel of apples** (approx. 50 lbs) makes 18 quarts of applesauce



A bushel of helpful apple tips.

To maximize your apple-eating experience, follow these easy tips for selecting, storing and preparing apples.

- **Select apples** that are bruise-free and handle apples gently to prevent bruising. To check apples for freshness, rub your thumb across the skin. The 'squeak' tells you they are fresh and firm.

- **Store apples** in the refrigerator: Left out at room temperature, apples will deteriorate ten times faster. Apples love moisture. Keep a damp cloth with them in the refrigerator.

- **Wash** individually sold apples in cool water before serving.

- **Store apples** away from strong-smelling foods to prevent them from absorbing unpleasant odors.

- **To keep fresh apple** slices from turning brown – use Fruit-Fresh or dip them in lemon juice.

Sip some sweet, natural goodness.

Whether served chilled, plain, hot or used to give apple flavor to many dishes, apple cider can lend distinction to any menu. Here are some serving suggestions that will help make your menu apple-tizing.

- **'Cidersicles'** – Cool Pops for Cool Kids: Fill paper cups with apple, cherry-apple, or peach-apple cider and freeze partially. Insert a popsicle stick in each cup and freeze. Peel away paper cup and enjoy a cool, natural snack.

- **'Cider Slushie'** – Pour some cider from the jug, then place it in the freezer. When it's partially frozen shake up the jug, then pour it into a glass and enjoy a homemade slushie.

- **'Hot Apple Pie'** – in a Glass: Mix 6 cups apple cider and 4-5 cider spice teabags. Heat in a saucepan until it simmers or perk in a coffee pot putting spices in the coffee pot basket. Pour into mugs & enjoy!

