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Welcoming fall: family, feasting, and fun!

Fall is here and JFCS is wishing you a sweet start to the new year with recipes that take advantage of the natural sweetness of all fruits and vegetables. This month, also check out resources for extra support with utilities through several state-sponsored programs on page 3!



Remember we will be closed the following days in October for Rosh Hashanah (3rd-4th), Yom Kippur (11th-12th), Sukkot (17th-18th), Shemini Aseret (24th), and Simhat Torah (25th).

A is for Apple-cious!

Apples are the second most popular fruit in in the US, after bananas. In the northern hemisphere, apple season begins at the end of summer and lasts until early winter. Apples available at other times have been in cold storage or are imported from the southern hemisphere.

No one knows exactly how many apple varieties exist, but the number exceeds 7000—over 2500 grown in the US!

Some apples are better for some uses than others. We have some tips to help you choose the right apple to fulfill your sweet tooth needs!



AMAZING APPLES

- ◆ High in fiber & vitamin C- *Keep the skin on to maximize these benefits!*
- ◆ Low calorie!- *Just 90 calories per medium sized apple.*
- ◆ No fat & no cholesterol!
- ◆ High in anti-oxidants- *Reduces inflammation and risk of several cancers!*
- ◆ Can help lower cholesterol *with regular consumption*

Apples best for:

EATING It's a matter of individual preference but crisp and juicy varieties with a balance of sweetness and tartness are what to aim for. Some to consider: Braeburn, Empire, Fuji, Gala, Golden Delicious, Jonamac, Macoun, McIntosh and Winesap.

APPLESAUCE Use hearty, full flavored apple. Try Jonamac, Jonathan, McIntosh, Northern Spy and Winesap.

PIES, CRISPS and CAKES Use sturdy apples like Braeburn, Empire, Jonathan, Golden Delicious or Granny Smith. Avoid McIntosh – the filling will be mushy.

What's Cooking in Gale's Kitchen?

Fresh, Healthy, Simple and Delicious ways to enjoy zucchini from Gale Cohen, RD, CDE

Welcome the fall with these warm recipes that are comforting, healthy, and economical!

Easy and Beautiful Baked Apples



Ingredients:

- 6 large Yellow Delicious apples (or other firm apple)
- ½ cup apricot jam (all-fruit type rather than those with added sugar)
- ½ cup maple syrup
- 3 Tbsp unsalted butter, cut into 6 pieces

Directions:

Preheat oven to 375 degrees.

Core apples using a knife or an apple corer.

Remove all seeds. Both ends of the apple should be open.

With the tip of a sharp paring knife, make a cut in the skin about 1/3 of the way down the apple. This cut should be about 1/8-1/4 inch deep. This allows the flesh to expand and not burst during baking.

Place apples in a baking dish that can fit all 6 comfortably. Fill the apples with jam, pour on maple syrup and dot each apple with a piece of butter.

Bake apples in a pre-heated oven for 30 minutes.

Baste with pan juices and bake another 20 minutes until they are plump, brown and soft to the touch. Let apples cool at least 15 minutes before serving.

Optional toppings: vanilla ice cream, whipped cream or vanilla Greek yogurt (healthiest choice!).

Comforting Sweet Potato & Apple Tzimmes

Ingredients:

- 5 medium sweet potatoes
- ½ tsp ground nutmeg
- ½ tsp ground ginger
- ½ tsp cinnamon
- 1/3 cup maple syrup or honey
- 2 Tbsp grated lemon rind
- 3 firm apples, diced (peeled or unpeeled)
- 10 pitted prunes, chopped
- ¾ cup pineapple chunks (fresh or canned)
- 2 medium carrots, peeled and cut into ¼-inch thick slices

Directions:

Bake sweet potatoes on a cookie sheet in 400 degree oven 1 hour until soft. Cool.

Scoop out inside of potatoes into a mixing bowl. Stir in spices.

Add maple syrup or honey. Sprinkle with fresh lemon rind and mix.

Fold in fruit and sliced carrots.

Grease a 9 x 11 inch baking pan and spoon in the mixture.

Bake about 30 minutes at 350 degrees or until apples are soft but not runny like applesauce.





Know Your Resources: Keeping the heat on when things cool off

LOW INCOME PROGRAMS

Low Income Home Energy Assistance Program (LIHEAP) ▶ 1-800-510-3102

- ▶ PSE&G heating customers typically receive an average of \$300 toward their PSE&G bill.
- ▶ Customers with a household income at or below income limits can apply.
You may also be eligible for USF.
- ▶ LIHEAP accepts applications from October 1, 2015 to April 30, 2016.

LIHEAP GROSS INCOME LIMITS

Household Size	Monthly Gross* Income
1	\$3,349
2	\$3,849
3	\$4,349
4	\$4,042

Available starting October 1

Universal Service Fund (USF) ▶ 1-800-510-3102

- ▶ PSE&G customers can receive from \$5 to \$150 per month toward their PSE&G bill.
- ▶ If you apply for LIHEAP you are also applying for USF.
- ▶ USF accepts applications year round.

USF GROSS INCOME LIMITS

Household Size*	Monthly Gross* Income
1	\$1,717
2	\$2,324
3	\$2,930
4	\$3,537

MODERATE INCOME PROGRAMS

Payment Assistance Gas and Electric (PAGE) and Temporary Relief for Utility Expenses (TRUE)

▶ **1-855-465-8783 ▶ njpoweron.org**

- ▶ Customers may benefit from both programs in a 12-month period for combined assistance towards their past due bill. Up to \$750/utility is available under each program.
- ▶ Customers must:
 - ▶ Have a PSE&G bill that is currently past due or have a payment plan to pay your back due bills
 - ▶ Have made at least two payments of \$25 or more in the last six months. At least one of those payments should have been made within the past 15 days, or a \$75 good faith payment should have been made within the last 90 days (\$150 if you have gas & electric combined account)
 - ▶ Not currently be applying for, receiving or have received any benefit through the LIHEAP programs within the current heating season. Must not currently be receiving a USF benefit
 - ▶ Meet annual income requirements listed in the chart.
- ▶ To apply for PAGE/TRUE, call 1-855-465-8783 to locate the agency in your county or apply online at njpoweron.org.
- ▶ PAGE/TRUE applications are available all year.

HOUSEHOLD SIZE*	1	2	3	4
Min. Annual Income	\$23,556	\$31,872	\$40,200	\$48,516
Max. Annual Income	\$54,963	\$71,877	\$88,788	\$105,700

NJ SHARES (NJS) ▶ 1-866-NJSHARES (657-4273) ▶ njshares.org

- ▶ PSE&G customers can receive up to \$500 for electric; customers can receive up to \$700 for gas, depending on the balance owed on their PSE&G bill.
- ▶ Customers with a household income higher than LIHEAP or USF income limits, and lower than the income limits listed, may apply.
- ▶ NJS accepts applications year round.
- ▶ To find the agency where to apply, call 1-866-657-4273 or apply online at njshares.org.

NJS GROSS INCOME LIMITS

Household Size*	Monthly Gross* Income
1	\$3,923
2	\$5,310
3	\$6,697
4	\$8,083

**SENIORS /
DISABLED ADULTS**

NJ Lifeline ▶ 1-800-792-9745

- ▶ Seniors who are at least 65 years old, and disabled adults who are at least 18 years old and receiving Social Security Disability can apply to receive \$225 yearly credit. Customer's annual gross income (**not the household income**) must be less than \$26,575 if single or less than \$32,582 if married.
- ▶ NJ Lifeline accepts applications year round.

Get Fresh WITH FRUITS & VEGETABLES



Stretch your produce and your dollars by knowing how to store fresh fruits and vegetables.



THE AMERICAN
HEART ASSOCIATION
RECOMMENDS



4-5 SERVINGS
of fruits and vegetables
each per day.

Don't wash, cut or peel
until you're ready to eat
(except lettuce and greens).

Fridge temperature should
be at 40° F or below.

Always refrigerate cut
or peeled produce.

PANTRY

Pack away in a cool, dark place like your pantry or cellar:

ONIONS, GARLIC & SHALLOTS
HARD SQUASH

(Winter, Acorn, Spaghetti, Butternut)

SWEET POTATOES, POTATOES, & YAMS
WATERMELON

COUNTERTOP

Store loose and away from sunlight, heat and moisture:

BANANAS

CITRUS FRUIT

Store lemons, limes, oranges and grapefruit loose or in a mesh bag. Refrigerate for longer storage.

STONE FRUIT

Ripen avocados, apricots, nectarines, peaches and plums in a paper bag, then move to the fridge where they'll last a few more days.

TOMATOES

KEEP THEM APART:

- Fruits like apples, bananas and pears give off ethylene gas, which can make other produce ripen and rot faster.
- Store vegetables and fruits separately.
- Keep apples, bananas, broccoli, cauliflower, cucumbers, onions, pears, potatoes and watermelon away from other produce.

REFRIGERATOR

Store in plastic bags with holes, in your produce drawer, unless noted:

APPLES & PEARS

BEETS & TURNIPS

Remove greens and keep loose in the crisper drawer.

BERRIES, CHERRIES & GRAPES

Keep dry in covered containers or plastic bags.

BROCCOLI & CAULIFLOWER

CARROTS & PARSNIPS
Remove greens.

CELERY

CORN

Store inside their husks.

CUCUMBERS, EGGPLANT & PEPPERS

Store on the upper shelf, which is the warmer part of the fridge.

FRESH HERBS

Except basil. Keep stems moist and wrap loosely in plastic.

GREEN BEANS

LETTUCE & LEAFY GREENS
Wash, spin or pat dry, wrap loosely in a dishtowel or paper towels and place in a plastic bag in vegetable drawer. Keep stems moist.

MELONS

MUSHROOMS

Keep dry and unwashed in store container or paper bag.

PEAS

**ZUCCHINI & SUMMER/
YELLOW SQUASH**