Recipe of the week:

Apple Cabbage Slaw

Ingredients:
- 1 head cabbage, cored and finely chopped
- 1 apple, cut into matchstick-size pieces
- ¼ onion, thinly sliced
- ½ cup apple cider vinegar
- ½ cup white sugar
- ¼ cup + 2 Tbsp olive or vegetable oil
- 1 Tbsp Dijon mustard
- ¼ teaspoon red pepper flakes

Directions:
1. Toss cabbage, apples, and onions together in a large bowl.
2. Whisk together vinegar, sugar, oil, Dijon mustard, and red pepper flakes together in a saucepan over medium heat. Bring dressing to a simmer.
3. Pour hot dressing over the cabbage mixture and toss to coat. Cover the bowl and refrigerate so flavors can blend and slaw is cold – about an hour.

Adapted from allrecipes.com

- Did you know 1 medium size head of cabbage yields about 8 cups shredded?
- Remember when shredding cabbage, use a sharp knife and work on a flat surface.
- Cut the cabbage in half, then quarters. Cut the core of each cabbage quarter away at an angle.
- Finally, slice along the shorter side of the cabbage to make your cabbage slaw.
All about … **KIWI**

- Kiwi is a delicious, small fruit that is native to China. It is also grown in New Zealand and California.
- A ripe kiwi should have some give when you gently squeeze it. It is not ready yet if it is rock hard, and overripe if it’s mushy.
- Kiwi has a furry brownish green skin, and the inside is bright green with small edible dark seeds surrounding a white center.

**How to Eat a Kiwi?**

- Make ‘kiwi cups’ by cutting one in half, leaving the skin on, and scooping the inside out with a spoon.
- Slice off the ends, peel the outer layer, then cut into slices to add to a fruit salad.
- Freeze slices of kiwi to eat as a snack or dessert.
- Make a green smoothie with kiwi, spinach, yogurt, and banana.

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**We could all use a little something to laugh about…**

How are stars like false teeth?

*They both come out at night*

What do you call it when Batman skips church?

*Christian Bale*

Why is milk the fastest liquid around?

*It is pasteurized before you even see it.*

Why did the scarecrow get an award?

*He was outstanding in his field.*