

## Strategies Applied:

•**Apples:** Look for apples in the fall at the best price, and watch for them in January and February at a lower cost. In January, the apples in the cold storage need to be sold off quickly, and there is a glut of apples coming out of gassed storage. Bought at 80 cents a pound, an apple is about 5 1/2 ounces, or 30 cents. Total \$2.10 to \$2.67.

•**Lemon:** In season in the winter months here – lemons are often on sale through out the year 3 to 4 to a dollar. The rind holds as much or more flavor than the juice, so I often grate it off before using and store in a Ziploc in my freezer – the little bit dries up but still holds more flavor than the store bought. If I'm in a pinch and don't have lemon, I'll use it instead. Microwave your lemon for a bit if it's hard and/or roll it on the counter before you juice it and it will break down easier. If you just need a small amount, pierce your lemon with a fork and squeeze out, then remember to use it – later. I bag it and put it in the door of the fridge. Cost 5 cents?

•**Butter:** A bit of a splurge, cost and calorie wise – but for taste and health, I'd rather use real butter than trans fat laden margarine or oils. Yes – they do have trans fat, even if the label says they don't. Harvard, for instance, says unequivocally: "*The key to a healthy diet is to substitute good fats for bad fats and to avoid trans fat.*" While butter isn't a healthy fat, many feel that trans fat is worse than saturated. 16 cents

•**Apple Corer:** I'm not huge on specialized equipment in the kitchen, but I love my apple/potato peeler corer slicer thingy. There are recipes I probably would not make if I didn't have it. Mine's a Pampered Chef, but there are many on the market, and they all seem to have pretty much the same features. I also use it for other fruits and even potatoes. It does look a bit like an instrument of torture!