

Pressing On

Fresh apples are a sweet family legacy.

DANIELLE MILES MILLBURY, MASSACHUSETTS

After World War II, my great-grandfather Frederick Heidtmann moved from Floral Park, Florida, to what became his family farm in Massachusetts. The sprawling 40-acre farm was a wonderful place to raise a family, and it boasted 10 acres of apple trees.

My father, when he was a child, loved to roam his grandfather's orchards. He helped pick the apples, which were sold to Veryfine juice company. The years and seasons came and went; Great-Grandpa Frederick passed away and the family farm was sold.

But my father never stopped missing the farm where he'd so dearly loved learning as a child, so he bought his own place in the

1970s. There he planted many of the same apple varieties he knew so well from his childhood.

The orchard on my parents' farm has grown a lot over the years, and at one point we had enough apples to rehabilitate the 100-year-old Palmer press from his childhood and put it back to work.

Each of the last three years we have had a family cider fest. From washing the apples to cleaning the press, the whole family gets involved in this annual cider pressing. The results feel like pure magic. With tractor rides on the Ford 8N and its handmade trailer, there's fun to be had by every generation. We hope to continue this grand tradition for years to come. 



Danielle's family has developed an annual tradition of gathering at the orchard and pressing apples for cider. Wagon rides make it a delight for all ages.



CIDER DOUGHNUTS

Here on our 1,250-acre farm, we usually have a simple breakfast on the go, so I often keep a batch of these light and moist doughnuts on hand. They disappear quickly because no one can eat just one.

SUZANNE CHRISTENSEN DEFIANCE, IA

PREP: 25 min. + chilling

COOK: 5 min./batch

MAKES: about 1½ dozen

- 3 cups all-purpose flour
- ½ cup whole wheat flour
- ¾ cup packed brown sugar
- 2 tsp. baking powder
- 1 tsp. ground nutmeg
- ¾ tsp. salt
- ½ tsp. baking soda
- ¼ tsp. ground cinnamon
- ¼ tsp. ground allspice
- ¼ tsp. ground cardamom
- 2 large eggs, room temperature
- 1 cup apple cider
- 6 Tbsp. butter, melted
- Oil for deep-fat frying
- Confectioners' sugar, optional

1. In a large bowl, whisk together the first 10 ingredients. In another bowl, whisk together eggs, cider and butter. Add to flour mixture; stir just until moistened. Refrigerate, covered, until firm enough to shape, about 1 hour.
2. Divide dough in half. On a lightly floured surface, pat each portion to ½-in. thickness; cut with a floured 2½-in. doughnut cutter.
3. In an electric skillet or deep fryer, heat oil to 375°. Fry the doughnuts, a few at a time, until golden brown, 2-3 minutes per side. Drain on paper towels. If desired, finish by dusting with confectioners' sugar.

1 DOUGHNUT 217 cal., 10g fat (3g sat. fat), 31mg chol., 229mg sod., 28g carb. (9g sugars, 1g fiber), 3g pro.

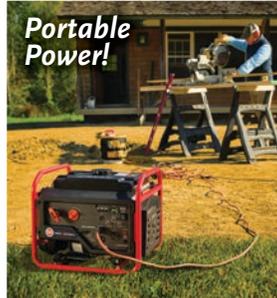
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