

**TODAY IS APPLE DAY** Braeburn, Discovery, Red Jonagold, a million varieties with a million evocative names, and each one more delicious than the last. Every year the orchards spill forth a cavalcade of crimson, gold, and green, and it's not just the leaves of Autumn. On the heels of this rolling bounty comes the rich smell of apple pies, spicy ciders both alcoholic and not, and all the tastes and smells of this seasonal treat.

**HISTORY OF APPLE DAY.** Every year the UK gathers for a celebration of the most delicious harvest of the year and comes together to share the joy and fun of apples. Unfortunately there are no big events this year but in the past events have ranged in size from minor to full-blown fairs in villages all over the country, where enthusiasts come together to share recipes for juice and cider, advice on how to properly grow their apples, and information on all the apple varieties available. It was first made an official event in 1990 in Covent Garden, this event has been celebrated every year and has grown from a local event to one celebrated all over. It has grown from a simple celebration of the apple to a recognition of cultural and genetic diversity in food that should not be allowed to pass from the world.

**HOW TO CELEBRATE APPLE DAY.** You can start your Apple Day celebration by eating one of any number of delicious apple varieties. You can also host an Apple Day event within your family, encouraging relatives to try new recipes and types of apples. Another way to celebrate Apple Day is to participate in the Apple Wassail, a traditional form of this ancient practice often performed as part of an Apple Day celebration. As part of the practice, bread will be laid on the roots of trees which were then doused with cider. This practice was said to bless the trees and bring about good harvests. But don't let your neighbours catch you doing this, just in case they haven't read the instructions!! Enjoy Apple Day, and relish the fruits of the season! It has been a good harvest this year and if you need apples please let us know, as the apple scheme has not happened this year there is a lot of fruit about.

Apples, fruit and veg are one way to boost your health and **KEEP TO A HEALTHY DIET**. Everyone knows that eating fruit and veg is a great way to get the essential vitamins and minerals into your body as well as fibre so make sure you eat plenty of fruit and veg as part of your diet. We all still need protein and so oily fish, eggs and cheese as well as a moderate amount of meat but try to steer clear of processed and smoked meats, like bacon and sausages, pork pies and sausage rolls (ok in small amounts occasionally) We all need to be fighting fit to keep the virus at bay. We won't let it beat us! Keeping fit and healthy will help us all in more ways than one.

### **CORONAVIRUS SYMPTOMS AND TESTING**

Look out for one or more of the key symptoms – \* high temperature, \* new persistent cough, \* loss of sense of taste or smell – and only then get tested, or if advised to by a health professional.

**Book tests at [nhs.uk/ask-for-a-coronavirus-test](https://www.nhs.uk/ask-for-a-coronavirus-test).**

**BARTER BOARDS (BB)** another great weekend on the BB. Anything for Friday please let me have by the end of today if possible, it's your chance to pass on items, either free/ swapped or paid for, it's up to you. Clear details, cost and contact number required, items will be advertised for up to four weeks. **NFG is not responsible for any transaction as this is between the donor/seller and the recipient.** No electrical items please

**Always remember to forget the troubles that pass your way**

**BUT never forget the blessings that come each day**

**Call any one of us if you have a problem, if we don't know, we may know someone who can help**

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