

🍏 Stir, bake, and enjoy—apple season has never been this delicious! 📧 Forwarded this?  
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## Sweet Comforts: Apples and A Timeless Kitchen Tool

Hi ,

It's apple season—yay! I'm here for every juicy, delicious bite. Nothing beats the crisp snap of a freshly picked apple. Sweet or tart, baked or raw, apples shine in everything from salads to baked goods to crisps and cider. Though they originated in Central Asia, they've been woven into American history and food culture so deeply that they're now considered a classic American fruit—the perfect way to mark summer's end and fall's cozy beginnings.

And speaking of classics, let's talk about the quintessential kitchen wooden spoon. There's just something special about them for me. Whether it's one passed down from family, a must-have from a specialty shop, or a treasure found while traveling, each one has its charm. Handcrafted or everyday, they never go out of style—and honestly, you can never have too many.

### Recipes

My [Vegan Apple Cake \(Torta di Mele\)](#) is pure comfort baked into every bite. Inspired by the rustic Italian classic, this cake is light, tender, and full of juicy apple slices nestled into a delicately sweet batter. It's simple, wholesome, and perfect for showcasing the season's best apples—whether you're serving it with afternoon tea or as a cozy fall dessert.

If you're looking for something a little more indulgent, my [Sourdough Apple Cinnamon Carmel Muffins](#) are a must-try. They're soft, warmly spiced, and swirled with apple goodness. It's a delicious way to use up sourdough starter and turn everyday ingredients into a bakery-worthy treat.



## Quick Kitchen Tip

### Wooden Spoons – The Multi-Purpose Workhorse

There's a reason wooden spoons have stood the test of time in kitchens around the world. They're more than nostalgic tools—they're reliable, versatile, and built to last.

Using a wooden spoon to mix dough is a kitchen classic. While stiff dough may eventually need hand-kneading, it is perfect for the initial mixing. It's just as handy for sauces, batters, and other kitchen tasks. Here's why:

- **Strong and durable** – Sturdy enough for thick dough, hearty soups, or dense batters.
- **Cool to the touch** – Won't warm dough or sauces as you mix.
- **Non-reactive** – Safe with acidic foods like tomatoes, vinegar, or citrus.
- **Better control** – Comfortable grip for sticky dough, mashed veggies, or batters.
- **Gentle on bowls and cookware** – Won't scratch metal, glass, or ceramic surfaces.

A quality hardwood spoon with single-piece construction and straight grain can last 30+ years, often growing more beautiful with age. Use a food-safe finish, ensure it's comfortable and balanced, and hand wash, dry, and re-oil to keep it lasting decades.

## Stir Up a PLANTifull Apple Delight

As September unfolds, apples remind us that food is more than nourishment—it's memory, tradition, and seasonal joy. Whether enjoying a slice of [Vegan Apple Cake](#), a [Sourdough Apple Cinnamon Caramel Muffin](#), or your favorite wooden spoon, it's the simple, timeless things that bring comfort to our kitchens.

Drop a comment or tag me on [Instagram @PLANTifullFare](#)—let's make the most of apple season together!

Until next time—stay cozy, savor every bite, and keep your kitchen PLANTifull of apple-y goodness!

Peas n health,

~ Donna

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My goal is to inspire YOU to embrace a plant-fueled lifestyle to live a healthier and more vibrant life. Tell me what classes are of interest, or download my free-oil and dairy-free salad dressing recipes and health goal recharger vs depleters worksheet.

Cooking Class Interest

Whole Food Plant-Based Salad Dressings

Health Goal Rechargers vs Depleters Worksheet



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