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Arlington Eats

By [Leah Klein](#) October 20, 2010

OPINION

Arlington's Own Apple Expert

Arlington resident, writer, blogger, cook and local food expert, Robin Cohen, shares some of her wisdom, memories and a recipe.

As the leaves are changing from green to golden yellows, sunset oranges, deep reds and chocolate browns, the markets are also becoming a landscape of those same colors in apples, pumpkins, squashes, and gourds. Before apple season disappears with the arrival of a real frost, Arlington resident, writer, [blogger](#), cook and local food expert, Robin Cohen, shares some of her wisdom, memories and a recipe. Robin can be found at local farmer's markets, teaching classes at [Arlington Community Ed.](#), or working/playing in her backyard garden.

Q: Do you have any favorite childhood memories of picking apples or favorite apple dishes that you ate or made as a child?

A: One of the first dishes I cooked by myself was apple sauce. I liked apples as a child but loved jarred apple sauce. When my father suggested that apples we had brought home from an orchard could be turned into this treat, I insisted on making some right away. Since I was only about seven years old, Dad helped a bit, but the joy of transforming one food into another has stayed with me to this day.

Q: Where are some of your favorite local places to go pick apples? What do you like about each place?

A: There are so many great places to pick in Massachusetts but I often go to [Kimball Fruit Farm](#). It is a beautiful old farm on rolling hills and without any of the entry fees or fancy attractions of some other places. They have many types of apples including some antique varieties. Kimball also has a wonderful farmstand filled with the produce they grow and local baked goods and treats.

Q: Do you store your apples for the winter? If so, what are your recommendations for doing so?

A: I store them in the refrigerator or can them as preserves and pie filling or freeze them as apple sauce.

Q: What are your top 3 or 5 apple varieties and why?

A: Right now I am in love with the Golden Russet for their crunchy, cidery taste. Baking favorites are big daddy Cortlands and also Baldwins

Q: What do you like to pair with a crisp fresh apple?

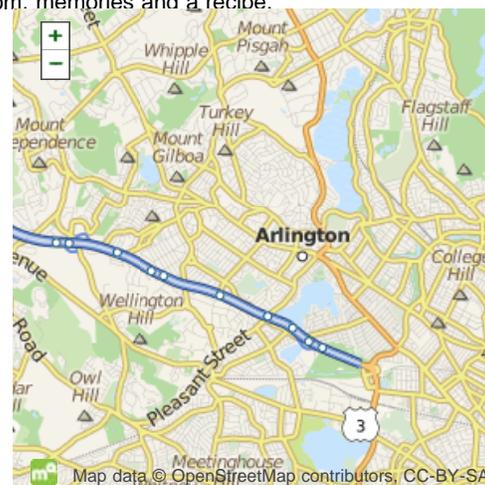
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A: My snack at the Arlington farmers market the other day was a [Nicewicz Orchard](#) apple and a hunk of Smith Country Sharp Cheddar.

Q: When you make an apple pie do you prefer chunky pieces of apple or thin slices?

A: I like softer, but not mushy apples in pie along with very crisp crust.

Q: When it comes to cooking with apples if you had to choose savory or sweet what would you choose?

A: Sweet-baking always wins for me.

Robin shares her recipe for buttermilk drop biscuits. Perfect for a weekend brunch or an easy accompaniment to a quick soup, salad, eggs or just about anything for dinner.

I adore biscuits and these apple and cheddar biscuits can be served with eggs and bacon for breakfast or beside a fall vegetable soup.

Buttermilk Drop Biscuits

1 stick butter

2 cups flour

2 tsp baking powder

1 1/4 cups buttermilk

3/4 cup sharp cheddar cheese

1/2 cup peeled, cored, and finely chopped apples

Preheat oven to 375 degrees. Mix together flour and baking powder in a large bowl.

Cut in cold butter until the mixture resembles coarse crumbs using hand pastry blender, food processor or stand mixer. Do not over mix.

Stir in buttermilk until just combined.

Scoop out 12 lumps of dough onto an ungreased baking tray leaving an inch between.

Bake until light brown and cooked through, about 20-25 minutes.

You can read more about Robin's food adventures and try out some other great seasonal recipes on her blog at [Doves and Figs](#).

About this column: A guide to Arlington's best bites from farmer's market to table, from dining in to eating out, and from your kitchen to your neighbor's.



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