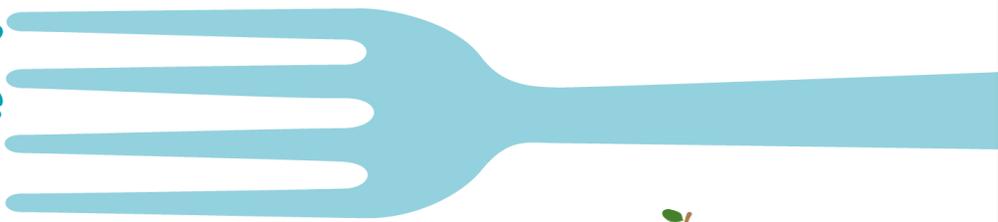


# Harvest of the Month



October



Apples



## Pick:

- Choose apples that are firm with no bruises or soft spots.
- Color may vary depending on variety - it is not an indicator of ripeness.
- Depending on variety, apples can be sweet, tart or in between!

## Store:

- Apples can be stored at room temperature for a few days or in a plastic bag in the refrigerator for a few weeks.

## Prepare:

- Wash before eating; for the best nutritional value leave the skin on!
- To prevent browning, dip sliced apples in a mixture of lemon juice and water.

## Nutrition Info

One medium apple has 95 calories and provides vitamin C, potassium and fiber.

## Fun Facts

La Crescent, Minnesota is the Apple Capital of the USA!

It takes about 36 apples to make one gallon of apple cider and about two pounds of apples to make one apple pie!

Did you know that Thursday, October 10<sup>th</sup> is the Great Lakes Great Apple Crunch? Schools, preschools, daycares, hospitals, worksites and other organizations across Minnesota, Wisconsin, Illinois, Indiana, Michigan and Ohio will be celebrating National Farm to School Month by crunching into locally grown apples on this day! For more info visit: <https://www.cias.wisc.edu/applecrunch/>

## Uses

Make a peanut butter and apple sandwich! Cut thin apple slices, spread with peanut or other nut or seed butter and top with another apple slice!

Sliced apples can also be added to other sandwiches & wraps. Try granny smith apple slices on a grilled cheese sandwich!

Make your own apple dipping bar. Apple dips can include peanut butter, yogurt, caramel, a pumpkin spice mix, and fruit dip; be creative!

## Family Friendly Activity

Plan a weekend visit to a local apple orchard and pick your own apples.

Set up an apple taste test. Try a variety of apples such as Gala, Pink Lady, Granny Smith, and Honey Crisp. Which apple has the best flavor? Some local apple vendors may offer taste tests in store!

## Warm Cinnamon Apples

Serves 6

### Ingredients:

4 large apples, sliced  
2 Tbsp. brown sugar or maple syrup  
1 tsp. cinnamon  
¼ tsp. ground nutmeg  
2 Tbsp. water  
1 Tbsp. butter

### Directions:

In a large bowl, combine apples, syrup, cinnamon and nutmeg. In a medium saucepan, cook apple mixture, water and butter over medium heat, stirring occasionally, 8-10 minutes or until apples are tender.

Per serving ( ½ cup): Calories 116, Fat 2 g, Saturated fat 1 g, Sodium 19 mg, Fiber 4 g, Protein 0 g

*For more information on Farm2School visit:  
[www.laxf2s.org](http://www.laxf2s.org)*

Color  
Apples!

