

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

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

25 percent of an apple's volume is air, that's why apples float.

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

Uses

Make a peanut butter and apple sandwich! Cut thin apple slices, spread with peanut or other nut butter and top with another apple slice! Sliced apples can also be added to other sandwiches & wraps.

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

We Want to Hear From You!

Share your fruit and vegetable tidbits and tales and be entered into a drawing for a \$25 gift certificate! *Each month we'll ask a new question...and give you a new chance to win!*

Here's This Month's Question:

This month, candy is front and center on store aisles as Halloween approaches. During this season, do you or your family have any special tricks or treats for keeping fruits and veggies front and center for meals and snacks?

To Enter:

Answer this month's question, listed above. Be creative – we want to hear your stories! Your answer can be long, short or in between.

To be included in this month's drawing, please send your response no later than October 31st, 2013 by e-mail to HOMstories@lacrossecounty.org or send us a facebook message at www.facebook.com/GetActiveLaCrosseCounty

Harvest of the Month

Nutrition Facts

Serving Size 1/2 cup (178g)
Servings Per Container 10

Amount Per Serving

Calories 100 **Calories from Fat** 0

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 27g **9%**

Dietary Fiber 5g **20%**

Sugars 21g

Protein 0g

Vitamin A 2% • Vitamin C 8%

Calcium 0% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Homemade Applesauce

Serves 10 (1/2 cup per serving)

Ingredients:

10 apples, cored and chopped

¾ cup water

¼ cup sugar (if using a tart apple variety, optional)

1 Tbsp. lemon juice (optional, to prevent browning)

Directions:

In a saucepan, combine apples, water, sugar, and lemon juice. Cover, and cook over medium heat for 15 to 20 minutes, or until apples are soft. Allow to cool, then mash with a fork or potato masher. For a smoother texture, puree or blend.

***Alternative crockpot version:** Combine all ingredients in a crockpot and cook on low 5-6 hours. Allow to cool, then mash with a fork or potato masher. For a smoother texture, puree or blend.

This applesauce is great for eating, but also freezes well and can be used as a substitute for oil or butter in baking!

For more information on Farm2School & Foot Steps to Health visit:
www.GetActiveLacrosse.org/

Color
Apples!

