Nutrition Info
One medium apple has 95 calories.

Apples provide vitamin C, potassium and fiber.

Fun Facts
It takes about 36 apples to make one gallon of apple cider and about 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. 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, Nutella 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?

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.

The Harvest of the Month is a partnership between La Crosse County Health Department’s Foot Steps to Health initiative, the La Crosse County Farm2School Program, area school districts and the community. Funding for this project was provided by the UW School of Medicine and Public Health from the Wisconsin Partnership Program.
Apple Chips
Serves 4 (1 apple per serving)

Ingredients:
- 4 apples, thinly sliced
- 1 Tbsp. sugar
- 1 tsp. ground cinnamon

Directions:
Preheat oven to 225 degrees. Toss apples in the cinnamon and sugar. Arrange on two baking sheets lined with parchment paper and bake for 1 hour. Flip, then continue baking until crisp, about 1 hour more. Remove and let cool completely. Store apple chips at room temperature in an airtight container for up to 1 week.

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