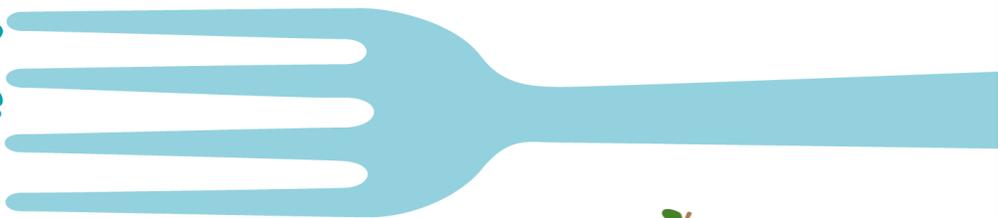


Harvest of the Month



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.

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?

Check out the following books from your local library.

“Ten Apples Up On Top!” By: Dr. Suess

“Apples, Apples, Apples” By: Beverly Hernandez

Harvest of the Month

Nutrition Facts

Serving Size 1 apple (186g)
Servings Per Container 4

Amount Per Serving		
Calories 110	Calories from Fat 5	
	% Daily Value*	
Total Fat 0g	0%	
Saturated Fat 0g	0%	
Trans Fat 0g		
Cholesterol 0mg	0%	
Sodium 0mg	0%	
Total Carbohydrate 29g	10%	
Dietary Fiber 5g	20%	
Sugars 22g		
Protein 0g		
Vitamin A 2%	• Vitamin C 15%	
Calcium 2%	• 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

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!](http://www.GetActiveLacrosse.org)

Color
Apples!

