

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!

Did you know that Thursday, October 13th is the Great Lakes Great Apple Crunch? Schools, early childcare settings, hospitals 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! Let us know what your school has planned by visiting us on facebook: www.facebook.com/getactivelacrossecounty

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? Some local apple vendors may offer taste tests in store!

Farm2School Updates

The Coulee Region Farm2School Program is proudly announcing a partnership with Gundersen Health System and Mayo Clinic Health System. Both healthcare institutions have partnered with the program to not only help support the program's mission and vision, but also to further local food purchases in their own cafeterias.

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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 visit:
www.GetActiveLacrosse.org!*

Color
Apples!

