

# Harvest of the Month



July



Apricots



## Pick:

- Choose plump, orange apricots with a sweet aroma.
- A ripe apricot will smell sweet and yield slightly to pressure.

## Store:

- Ripen apricots in a brown paper bag at room temperature.
- Once ripe, store apricots in a refrigerator and use within a few days.

## Prepare:

- For best flavor, bring to room temperature before using.
- Remember to wash before consuming!
- To remove the pit, slice around the seam, twist in half and lift the pit out.

## Nutrition Info

One apricot has 17 calories.

Apricots provide potassium, fiber and vitamins A & C.

## Fun Facts

The name apricot comes from the Latin word meaning “precious.” The apricot is thought to be precious because it ripens earlier than other summer fruits!

Apricot trees generally grow to be 12 to 15 feet tall and will produce fruit for 20 to 25 years.

## Uses

Apricots are often used in cobblers and pies, but they can also be stuffed, grilled, blended, and baked.

Apricots are great fresh. The slightly fuzzy peel is completely edible and it is full of fiber and other nutrients!

Try homemade fruit leather. Peel & pit apricots then puree them in a blender. Pour the puree onto wax paper-lined cookie sheets and dry in the oven at a very low temperature. Cool for a few hours.

## Family Friendly Activity

Have a taste test with apricots, peaches and nectarines. Have your family examine the apricots, peach and nectarine before tasting. Then cut each piece of fruit and allow your family to taste each.

Involve your entire family in meal planning! Can you plan a theme night that features apricots or other seasonal produce? Who can pick the best apricot recipe?

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## Strawberry Apricot Crisp

Serves 8

### Ingredients:

- 4 cups fresh or frozen strawberries, chopped
- 1 cup fresh or frozen apricots, sliced
- Juice from one orange
- 1 tsp. vanilla extract
- 1 cup old-fashioned oats
- ¼ cup whole wheat flour
- ½ cup packed brown sugar
- ¼ tsp. ground cinnamon
- ¼ cup butter, softened

### Directions:

Preheat oven to 350 degrees. In a bowl, combine strawberries, apricots, orange juice and vanilla. Spread the fruit mixture into an 8x8-inch baking pan. In a separate bowl stir together oats, flour, brown sugar and cinnamon. Cut butter into mixture until well combined. Sprinkle oat mixture over fruit mixture. Bake 45 minutes or until lightly browned and bubbly.

For more information on Farm2School & Foot Steps to Health visit:  
[www.GetActiveLacrosse.org!](http://www.GetActiveLacrosse.org)

Color  
Apricots!



## Nutrition Facts

Serving Size 1/8 pan (148g)  
 Servings Per Container 8

### Amount Per Serving

Calories 200    Calories from Fat 60

% Daily Value\*

Total Fat 7g    11%

Saturated Fat 4g    20%

Trans Fat 0g

Cholesterol 15mg    5%

Sodium 55mg    2%

Total Carbohydrate 33g    11%

Dietary Fiber 4g    16%

Sugars 20g

Protein 3g

Vitamin A 10%    •    Vitamin C 90%

Calcium 4%    •    Iron 6%

\*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