

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 11th is the Great Lakes Great Apple Crunch? Schools, preschools, daycares, hospitals, worksites 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! For more info visit: <https://www.cias.wisc.edu/applecrunch/>

Uses

Make a peanut butter and apple sandwich! Cut thin apple slices, spread with peanut or other nut or seed 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, 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!

Cran-Apple Breakfast Bake

Serves 12 (1/12th of pan)

Nutrition Facts

Serving Size 1/12th of pan (153g)	
Servings Per Container 12	
Amount Per Serving	
Calories 220	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 35mg	1%
Total Carbohydrate 42g	14%
Dietary Fiber 6g	24%
Sugars 23g	
Protein 4g	
Vitamin A 4%	Vitamin C 10%
Calcium 2%	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	

Ingredients:

- 9 cups sliced unpeeled apples
- 2 cups cranberries
- ¼ cup sugar
- 2 Tbsp. whole wheat flour
- 1 tsp. cinnamon
- 1 ½ cups oatmeal
- ¾ cup whole wheat flour
- ½ cup brown sugar
- ½ cup butter, melted
- 2 Tbsp. warm water

Directions:

Preheat oven to 350 degrees. In a medium bowl combine apples, cranberries, sugar, 2 Tbsp. flour and cinnamon; toss to coat. Spread fruit mixture in a 9x13 pan. In a separate bowl, combine oatmeal, ¾ cup whole wheat flour, brown sugar, butter, and water; mix well. Spoon oatmeal mixture on top of the fruit. Bake for 50 minutes or until topping is brown and fruit is soft.

For more information on Farm2School visit:
www.laxf2s.org

Color
Apples!

