

October 2014

Celebrating Farm to School Month and National Food Day with



APPLES

Apple How to:

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.

Source: La Crosse County Farm to School



Apple Facts

Did you know...

- * There are more than 7,000 kinds of apples in the world. How many have you tried?
- * It takes about 36 apples to make one gallon of apple cider and about two pounds of apples to make one apple pie.
- * 25% of apples volume is air, that is why they float
- * One medium apples has about 95 calories in it

Joke Time

What do you call an apple with a bad temper?

A Crab Apple



Farm to School Month and Food Day



Apple Crunch

UW-Extension and NuAct (Nutrition and Activity Coalition) teamed up to help us celebrate National Food Day and Farm to School Month today by participating in an Apple Crunch event at our school. Our entire school bit into an apple today as a fun way to engage our children in healthy eating and learning what it means to eat local.



Why Food Day and Farm to School?

It's good for schools -

School meal participation increases when farm-fresh food is served, thus bringing in more funding to schools.

It's good for your kids -

Fresh, locally grown fruits and vegetables taste great and helps keep your child healthy!

It's good for local farmers -

Schools provide local farmers with a new or expanded market.

University of Wisconsin, U.S. Department of Agriculture and Wisconsin Counties cooperating. UW-Extension provides equal opportunities in employment and programming including Title IX and ADA.

Hurry-Up Baked Apples

Ingredients:

- 2 medium-size tart apples (Granny Smith, Braeburn, Cortland, Jonathan, Fuji)
- 1 teaspoon white or brown packed sugar
- 1/4 teaspoon ground cinnamon
- 2 tablespoons oatmeal
- 2 tablespoons (total) raisins, sweetened dried cranberries, chopped walnuts or other nuts
- 1 (6-ounce) container lowfat vanilla yogurt

Directions:

- Cut apples in half lengthwise. Use spoon to remove cores and hollow out a space 1 inch or more deep. Arrange apple halves, cut sides up, in microwavable dish. Cut thin slices off bottoms to keep from tipping.
- Combine sugar, cinnamon, oatmeal, raisins, and nuts. Fill each apple half.
- Cover with plastic wrap. Fold back one edge 1/4 inch to vent steam.
- Microwave 3 to 3 1/2 minutes, or until apples can be cut easily. Take from microwave.
- Let sit a few minutes.
- Spoon yogurt over the top.

Nutrition Facts

Serving Size 1/2 Prepared Apple	
Servings Per Container 4	
Amount Per Serving	
Calories 120	Calories from Fat 20
<hr/>	
	% Daily Value*
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 30mg	1%
Total Carbohydrate 26g	9%
Dietary Fiber 3g	12%
Sugars 20g	
Protein 2g	
Vitamin A 2%	Vitamin C 8%
Calcium 6%	Iron 2%

Recipe from Iowa State University Spend Smart.