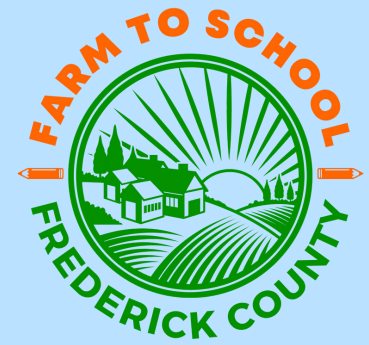


HARVEST OF THE MONTH

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APPLES



Juicy, crunchy, and crisp! Apples are a delicious and nutritious year-round treat. Did you know that most of the fruit's fiber and antioxidants are found in the peel? Are you interested in growing apples at home? Look out for dwarf varieties at your local garden center.

NOTABLE NUTRITION

Apples are a good dietary source of:

Vitamin C, a water-soluble vitamin. Vitamin C is an antioxidant that helps support a healthy immune system. To boost your child's intake of iron, pair foods high in iron with foods high in Vitamin C.

Dietary Fiber. Foods high in fiber are whole grains, fruits, and vegetables. Fiber helps control blood sugar, improves cholesterol levels, and is good for gut health. Foods that are high in fiber also keep us feeling full for longer, which may help us control our weight.

PICK, STORE, PREPARE

Apples should feel firm to the touch and clear of any blemishes, like brown spots or insect holes.

When apples are individually wrapped and stored in the crisper drawer of your refrigerator, they can last for 6-8 weeks!

Apples taste great raw or baked. Try adding fresh sliced apples to your next salad, or making fresh applesauce in the microwave! Jonagold, honeycrisp, braeburn, and pink lady apples are some of the best apples for baking.





LET'S EAT!

Have students try a variety of apples in different processed forms, like fresh, dried, and cooked!

To honor and recognize your school's nutrition staff, run your apple taste test during Maryland's Hear the Maryland Crunch! celebration. This campaign highlights the importance of the School Breakfast Program!

MYPLATE RECIPE

Apple Sandwiches
Makes: 2 servings Preparation Time: 10 minutes

Ingredients:

- 1 medium apple
- 2 tablespoons nut butter
- 1 tablespoon raisins

Directions:

1. Cut apple in half down its length and place on a cutting board.
2. Slice each half into 6 slices and cut out the core.
3. Spread 1/2 tsp nut butter on one side of each apple slice.
4. Put 4 to 6 raisins on top of the peanut butter.
5. Top with another apple slice, peanut-butter side down. Squeeze gently.
6. Continue with remaining apple slices.



USDA DAILY VEGETABLE RECOMMENDATIONS

CHILDREN

2-4 YRS 1 - 2 CUPS

5-8 YRS 1.5 - 2.5 CUPS

GIRLS

9-13 YRS 1.5 - 3 CUPS

14-18 YRS 2.5 - 3 CUPS

BOYS

9-13 YRS 2 - 3.5 CUPS

14-18 YRS 2.5 - 4 CUPS