



Harvest of the Month

PRESENTS

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:

- approx. 80 calories
- provides vitamin C, potassium, and fiber.

Fun Facts

- Apples are fat-free, sodium-free and cholesterol-free.
- Most apples are still picked by hand.
- Apples are grown in all 50 states.
- There are over 2,500 varieties of Apples grown in the United States.
- 2 pounds of apples makes one 9 inch pie.

Uses

- Put sliced apples on a sandwich.
- Makes your own apple dips.

Apple dips can include peanut butter, yogurt, caramel, pumpkin spice, Nutella and fruit dip; be creative!

Upcoming Jackson in Action Event

Healthy Cookin' Live with Chef Robert at the Wellness and Diabetes Fair

Location: Lunda Community Center

When: Saturday, November 5, 2016

Time: 9:00 am-12:00 pm

The Harvest of the Month is a partnership between Jackson County Department of Health and Human Services, Black River Memorial Hospital, Together for Jackson County Kids, Ho-Chunk Nation, UW Extension-Jackson County, local school districts, and the community.

Adapted from La Crosse County HOM program.



Baked Cinnamon Apples

Ingredients

- 4 medium Granny Smith apples
- 1 tbsp. cinnamon
- 1 tsp. nutmeg
- 2 tbsp. Splenda® or Stevia®
- Water

Heat oven to 350 degrees. Slice apples into thin slices and place in a 9x9 baking dish. Sprinkle with cinnamon, nutmeg, and Splenda or Stevia. Mix so all the apples are coated. Place about 1/4 inch of water in the dish. Bake apples uncovered for about 30 minutes.

Nutritional Information

- Serves 4– Serving size 1 apple
- Total calories: 100
- Total Fat: .5 g
- Carbohydrate: 27 g
- Fiber: 6 g
- Sugars: 19 g
- Protein: 1 g

Harvest *of the Month*

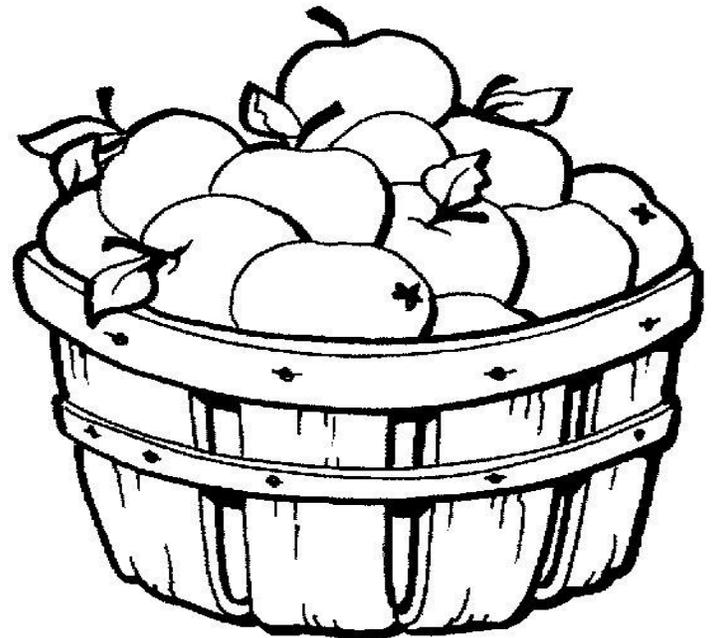


Color APPLES!

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www.jacksoninaction.org

Next Month: Pumpkins



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