



Harvest of the Month

October is Apples



Nutrition & Health Benefits

- **Fiber** - Keeps digestion running smoothly
- **Vitamin C** - Helps wounds heal, is important for the immune system, and is an antioxidant, which protects our cells from damage.
- **Potassium** - Helps maintain normal blood pressure

Preparation & Cooking Tips

- Select** - Choose firm apples with smooth and shiny skin.
- Store** - Refrigerate in a plastic bag for up to 3 weeks.
- Prepare** - Eat whole or sliced. Leave on the skin for extra nutrients.

Did you know?

- Fresh apples grown in Wisconsin are usually ready to pick in late August through October.
- Johnny Appleseed was a real person, he was born in 1774. He traveled around planting apple trees and teaching farmers to care for them.
- Wisconsin apple orchards produce over 49 million pounds of apples each year.

Fun Facts

- There are over 7,500 varieties of apples grown around the world. A few Wisconsin favorites include Gala, McIntosh, Golden Delicious, Honey Crisp, and Cortland.
- Apples were used as symbols of love in ancient Rome and Greece.
- Each person eats close to 65 apples per year.

TASTE



Nutritious,
Delicious,
Wisconsin!

taste testing

Gather three or four varieties of Wisconsin apples for a special taste testing. Choose varieties with different skin colors and sizes. Wash the apples under cold running water, dry, and cut into slices. You can also serve sun butter as a nut-free dip! Before handing out the snack explain the rules of the taste test. Do not yuck someone else's yum. That means no saying ew, yuck, gross or anything negative. Encourage kids to use their five senses to observe, smell, feel, listen, and taste the apples. Ask kids which apple they like best.

— Credit: Madison Soukup, AmeriCorps Farm to School Specialist

In October you can participate in the Great Lakes Great Apple Crunch by crunching into locally and regionally grown apples. How loud can you CRUNCH?



fit families

Eat healthy • Be active • Your kids are watching

FUN



activity: Flower to Fruit Theater

Objective: Kids will learn how fruits grow and develop.

Supplies: Photos or drawings that represent different stages in the development of flowers and fruit. For apples, gather photos of an apple blossom, a bee on the blossom, fruit starting to form, a small apple, and a mature apple.

Procedure: Kids will participate as either actors or directors. The actors come to the front of the room and hold a photo or drawing of an apple at different stages of development. The directors help put the actors in the correct order to represent the development of the flower and growth of the fruit. Ask the actors to hold their photo or drawing still so it can be easily seen. They also need to take direction even if they disagree with where they are being placed. The directors should take turns offering suggestions. Use clues and leading questions, if needed, to help kids put the photos in the right order.

— Adapted from: *Got Veggies? A Youth Garden-Based Nutrition Education Curriculum*

This activity can be done in multiple settings: classroom, outdoors, garden, or virtual.

Tips for adapting to virtual learning: Share the photos or drawings of different stages in the development of apple tree flowers and fruit with kids. Ask them to place the pictures in the correct order. Have kids write a short story about the development of the apple.

Share pictures and engage with the Wisconsin Harvest of the Month community by using #WIHarvestoftheMonth on social media."



READ



books

- *Apples* by Gail Gibbons
- *Applesauce Season* by Eden Ross Lipson
- *How do Apples Grow?* by Betsy Maestro
- *How to Make an Apple Pie and See the World* by Marjorie Priceman
- *Apples, Apples, Apples* by Nancy Elizabeth Wallace
- *Ten Red Apples* by Pat Hutchins
- *The Apple Pie Tree* by Zoe Hall
- *Apple Farmer Annie* by Monica Wellington



Apple Chips

Ingredients:

- 3 large sweet, crisp apples (such as Honeycrisp, Fuji, Jazz, or Pink Lady)
- 3/4 teaspoon ground cinnamon

Preparation:

1. Preheat oven to 200 degrees F and line two baking sheets with parchment paper or silpat mat.
2. Wash, core and thinly slice apples into 1/8 inch-thick rounds.
3. Arrange apples in a single layer on baking sheets. Sprinkle with cinnamon.
4. Bake for 1 hour, then remove baking sheets and switch the pans position on the upper and lower racks. Continue baking for 1 to 1.5 additional hours or until chips are crisp.
5. Turn off the oven and let apples sit in the oven for 1 hour as it cools down to crisp further.
6. Store in an airtight container for up to 1 week.



Information adapted from Wisconsin Harvest of the Month.

Source: <https://www.wellplated.com/apple-chips/>