

**HARVEST OF THE MONTH
 NEWSLETTER 10/2021**

FUN FACTS

- Did you know that La Crescent, Minnesota is the Apple Capital of the USA?!
- It takes about 36 apples to make one gallon of apple cider and about 2 pounds to make one apple pie!

NUTRITION INFO

One medium apple has 95 calories and provides vitamin C, potassium and fiber.


Warm Cinnamon Apples

Serves 6

Ingredients:

- 4 large apples, sliced
- 2 Tbsp. brown sugar or maple syrup
- 1 tsp. cinnamon
- ¼ tsp. ground nutmeg
- 2 Tbsp. water
- 1 Tbsp. butter

Directions:

In a large bowl, combine apples, syrup/sugar, cinnamon and nutmeg. In a medium saucepan, cook apple mixture, water and butter over medium heat. Stir occasionally for 8-10 minutes or until apples are tender.

PICK

Choose apples that are firm with no bruises or soft spots. Color may vary depending on variety – not an indicator of ripeness. 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. Leave the skin on for best nutritional value! Dip sliced apples in a mixture of lemon juice and water to prevent browning.

USE

Sliced apples can be added to sandwiches and wraps. Try granny smith apple slices on a grilled cheese sandwich! Slices can be dipped in peanut butter, yogurt, caramel, and fruit dip.

Per Serving (1/2 cup): 116 calories, 2g fat, 1g saturated fat, 0g protein, 24g carbohydrate, 4g fiber, 0mg sodium

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