



Family Life

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October is Apple Month

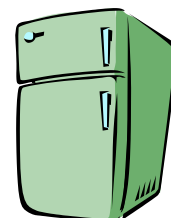
Nothing says it is fall in Western New York more than the fresh, local apples being sold at farmers' markets, farm stands and in the supermarket. Many orchards allow families to pick their own apples, which is a great way to spend a sunny, crisp weekend day together. To find U-Pick locations, visit <http://www.nyapplecountry.com/pick.php>.



New York State is second in the United States, behind Washington State, for the millions of pounds of apples grown here each year. Apple trees thrive in the climate of New York State, which is part of the reason we can grow so many apples. New York State produces more commercial varieties of apples than any other state.



Keep your apples crunchy and delicious by storing them in the crisper drawer of your refrigerator. The cool air of your refrigerator helps to preserve apples and to keep them fresher than apples stored at room temperature. To keep apples fresh, store them away from foods with strong odors like onion, or with broccoli, cauliflower, cabbage, cucumbers or leafy greens because apples give off a gas that can damage these vegetables and cause them to go bad more quickly.



Research shows that apples have lots of health benefits. Apples are a good source of fiber, vitamin C and pectin, soluble fiber that can help lower your cholesterol.



Apples make a great, on-the-go snack and are a great 'fast food' - just wash and eat! Try adding raw apples to salads and sandwiches, dipping slices in peanut butter for a healthy snack or cooking apples to make your own, fresh applesauce.

Apple Cranberry Toss Salad

Serving Size: 1/8th of recipe
Yield: 8 servings

Ingredients:

1 head of lettuce (about 10 cups)
2 medium sliced apples
1/2 cup chopped walnuts
1 cup dried cranberries
1/2 cup sliced green onions
3/4 cup low fat raspberry dressing



Instructions:

1. Tear lettuce into bite sized pieces and put in a large bowl.
2. Add apples, walnuts, cranberries, and onions to lettuce.
3. Add dressing; toss to coat. Serve immediately.

Adapted from:

Creative Recipes for Less Familiar USDA
Commodities Used by Household Programs
Food Distribution Service

Author: USDA Food and Nutrition Service

****Nutrition Facts:** Serving Size - 1/8th of recipe, 200 Calories, 50 Calories from Fat, 5g Total Fat, 25% Calories from Fat, 1g Saturated Fat, 0mg Cholesterol, 290mg Sodium, 35g Total Carbohydrate, 3g Dietary Fiber, 9g Sugars, 4g Protein, 60% Vitamin A, 60% Vitamin C, 35% Calcium, 6%mg Iron

Apple Recipes

Fruit Dip

Serving Size: 1/4 of recipe
Yield: 4 servings

Ingredients:

8 ounces low fat vanilla yogurt
2 Tablespoons orange juice frozen concentrate, thawed
1 Tablespoon lime juice
1/2 Tablespoon brown sugar
2 apples - cored and sliced
2 pears - cored and sliced



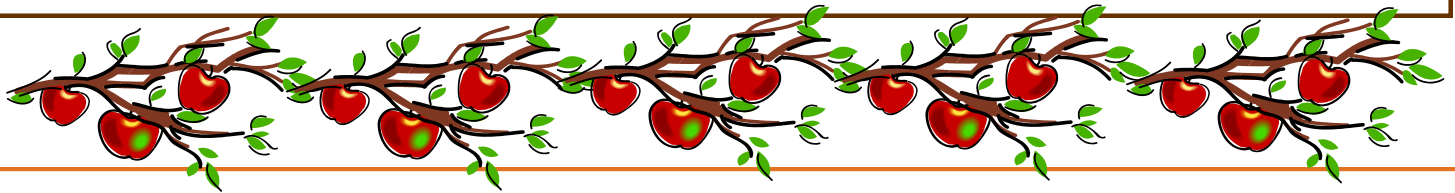
Directions:

1. In a small bowl, combine yogurt, orange juice concentrate, lime juice and brown sugar.
2. Mix well.
3. Enjoy sliced fruit with dip.

Nutrition Facts: Serving size - 1/4 of recipe, 170 calories, 10 calories from fat, 1g Total Fat, 6% Calories from Fat, 0g Saturated Fat, 0g Trans Fat, 5mg Cholesterol, 40mg Sodium, 40g Total Carbohydrate, 4g Dietary Fiber, 32g Sugars, 3g Protein, 2% Vitamin A, 8% Calcium, 35% Vitamin C, 2% Iron

Source: Adapted from:

Discover the Secret to Healthy Living
California 5-a-Day—For Better Health!
Campaign California Department of Health
Services *Author:* California Department of
Health Services



Microwave Baked Apple

Serving Size: 1 apple
Yield: 4 servings

Ingredients:

4 large baking apples (like Crispin, Cortland, Empire or Jonagold)
2 1/2 tablespoons brown sugar
1/2 teaspoon cinnamon



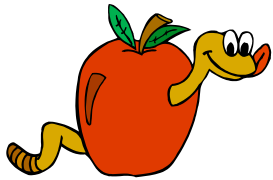
Directions:

1. Wash apples and remove core.
2. Cut a thin slice off bottom of each apple to form a flat surface. Place apples in a microwave safe baking dish.
3. Mix brown sugar and cinnamon in a small dish. Spoon mixture into center of apples.
4. Cover apples with waxed paper and microwave on high power 6 to 10 minutes or until apples are soft.

Nutrition Facts: Serving Size - 1 apple, 140 Calories, 0 Calories from Fat, 0g Total Fat, 0% Calories from Fat, 0g Saturated Fat, 0g Trans Fat, 0mg Cholesterol, 0mg Sodium, 37g Total Carbohydrate, 6g Dietary Fiber, 29g Sugars, 1g Protein, 2% Vitamin A, 2% Calcium, 15% Vitamin C, 2% Iron

Source: Adapted from:

Kids a Cookin'
Kansas Family Nutrition Program
Author: Kansas Family Nutrition Program
<http://www.kidsacookin.ksu.edu/>



Applesauce

Serving Size: 1/2 cup

Yield: 10 servings

Ingredients:

7 apples - cut in quarters
1/2 cup water
1/4 cup sugar
1 tablespoon ground cinnamon

Source: Adapted from:
Eating Right is Basic
Nutrition Education Program
Michigan State University
Cooperative Extension Service
Author: Michigan State University
Cooperative Extension Service

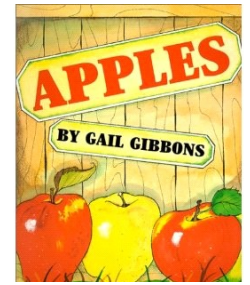
Directions:

1. Wash and then cut apples in quarters. Remove core and seeds from the apple quarters. Apples can be peeled if you prefer.
2. Add apples and water to saucepan. Heat to boiling. Turn heat to low as soon as the water is boiling.
3. Simmer over low heat for 15 to 20 minutes or until apples are tender. Stir occasionally to prevent sticking.
4. Stir in sugar and heat until sugar is dissolved.
5. Add 1 Tablespoon cinnamon and stir before serving.

Nutrition Facts: Serving Size - 1/2 cup, 90 Calories, 0 Calories from Fat, g Total Fat, 0% Calories from Fat, 0g Saturated Fat, 0g Trans Fat, 0mg Cholesterol, 0mg Sodium, 23g Total Carbohydrate, 3g Dietary Fiber, 18g Sugars, 0g Protein, 2% Vitamin A, 2% Calcium, 10% Vitamin C, 2% Iron



KIDS KORNER



Go to the public library with your child and borrow "Apples" by Gail Gibbons. This terrific book tells the reader about how apples are grown and harvested.

After you read the book together, do an apple taste test. Choose a number of different apple varieties from the grocery store or farmers' market. You only need to buy one apple from each variety you choose. Try varieties you are not familiar with to see if there are other varieties you might like to eat as a family. Rate each variety and decide what variety (or varieties!) is your new favorite apple.



Ways to stretch your Fruit and Vegetable Budget



1. Create a menu for the week that uses similar fruits and vegetables that are prepared in different ways.
2. Mix it yourself - 100% juice from frozen concentrate is often less expensive than bottled or refrigerated juices.
3. Make homemade vegetable soup using frozen and leftover vegetables.
4. Avoid buying single serve packages. Buy larger packages and repackage the produce into single servings for lunches or snacks.
5. Frozen fruit and vegetables (without added sauces or syrup) are often less expensive than fresh and are just as healthy.
6. Cut your produce at home - pre-cut fruit and vegetables are much more expensive than buying whole pieces of produce.
7. Try store brands of canned fruit and vegetables - most of the time you cannot tell the difference between the brands.
8. Store fresh fruit and vegetables properly to keep them fresh longer.
9. Minimize waste by only buying as much produce as your family will eat.
10. If you have freezer space, freeze locally grown fruits and vegetables when they are in season to use throughout the winter.

from Fruits and Veggies-More Matters

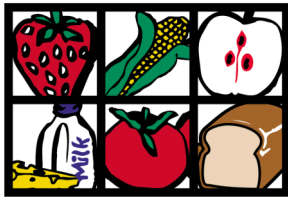
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BUDGETING

KEEPING IN SHAPE

SAVING MONEY ON FOOD

COOKING

EATING HEALTHY

MAKING TASTY MEALS