COULEE REGION AM LOCAL FOODS, HEALTHY KIDS

HARVEST OF THE MONTH NEWSLETTER **OCTOBER 2022**





FUN FACTS

- Did you know there are over 7,500 varieties of apples grown across the world. Some Wisconsin favorites include Gala, McIntosh, Golden Delicious, Honey Crisp, and Cortland.
- 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.

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.

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Crunchy Apple Roll-up

Serves 2

Ingredients:

1/2 medium apple 1 tablespoon peanut butter or sun

butter

1 whole wheat tortilla

2 to 3 tablespoons crispy rice cereal

Directions:

Chop apple into small pieces, slice thinly, or shred with grater. Spread peanut/sun butter in a thin layer over tortilla. Spread apple pieces in an even layer over peanut/sun butter. Sprinkle with cereal. Roll up tightly and cut in half.

Per Serving (1/2 roll): 150 calories, 6g fat, 2g saturated fat, 4g protein, 20g carbohydrate, 4g fiber, 160 mg sodium

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