Harvest of the Month is a program that highlights a locally available crop each month of the school year in school cafeterias, restaurants, and grocery stores. The goal is to help children, their care-givers, and the broader community experience healthy, seasonal, whole-foods based meals, while supporting local and regional farmers.

Healthy Serving Ideas
- Mix apple chunks in your morning oatmeal for a hearty start to your day.
- Freeze 100% apple juice in an ice tray or in a paper cup with a popsicle stick. Serve as a snack or dessert.
- Use unsweetened applesauce to make lower fat baked goods. Replace shortening or oils in baking with an equal amount of applesauce plus one-third of the oil called for in the recipe.

Shopper’s Tips
- Look for apples that are firm and do not have bruises or soft spots.
- Store apples at room temperature for up to one week. Or, refrigerate apples for up to three months. Do not refrigerate apples in closed bags.
- To keep apples from browning, prepare fresh apple dishes just before serving. Or, pour 100% apple juice over fresh apple slices.

for more information visit islandgrown.org/harvestofthemonth

This material is adapted from Harvest of the Month by the California Department of Public Health’s Network for a Healthy California with funding from USDA SNAP (formerly the Food Stamps program). For SNAP information, call 1-866-950-3663.