

ISLAND GROWN HARVEST OF THE MONTH OCTOBER 2012 APPLES



Harvest of the Month is a great way for your family to explore, taste, and learn about eating more fruits and vegetables every day.

Apples and our health

One small apple is equal to about one cup of fruit. One cup of apples is a source of fiber, which helps you feel full, keep normal blood sugar levels, and avoid constipation. One small apple is also a source of vitamin C, which helps the body heal cuts and wounds and lower the risk of infection.

When are apples in season?

On Martha's Vineyard, fresh apples are available from the start of September through October.

HEALTH TIP

Eating a variety of colorful fruits and vegetables can help your family stay healthy, feel good, and may lower the risk of serious health problems like obesity, type 2 diabetes, heart disease, and certain types of cancer.

Nutrition Facts

Serving Size: ½ cup apples, sliced (55g)
Calories 28 Calories from Fat 0

	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrate 8g	3%
Dietary Fiber 1g	5%
Sugars 6g	
Protein 0g	
Vitamin A 1%	Calcium 0%
Vitamin C 4%	Iron 0%

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/harvestofthemoth

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.

