



ASK YOUR
CHILD ABOUT
APPLES!

APPLES!

This month, we are learning all about apples. There are all sorts of different varieties of apples! Apples are wonderful raw, but can also be baked into muffins, cut up into a salad or made into applesauce. It's best to eat apples when fresh, within a few days of purchase. Once you cut an apple, it will quickly turn brown. Putting some lemon juice on the apple will keep it from browning!

CLASS RECIPE - TRY IT AT HOME!



PRODUCE TIPS

- Choose apples that are smooth and firm.
- Avoid apples that are brown, have soft spots, or bruises.
- Store apples in the refrigerator for up to a week.
- Apples can keep for a few months if stored properly. Wrap the apples individually in newspaper and store them in a cool, dark spot.

EASY APPLESAUCE

SERVES 6

4 medium apples
(recommended varieties: fuji or gala)
1 cup of water
1/4 teaspoon cinnamon
1/8 teaspoon nutmeg

DIRECTIONS

1. Peel and slice 4 apples, removing the cores.
2. Place in large pot.
3. Add 1 cup of water, 1/4 teaspoon of cinnamon and 1/8 teaspoon of nutmeg.
4. Bring to a boil and let simmer until mushy.
5. Use a masher to mash up the apples into a sauce.
6. Set aside and let cool.
7. Serve warm or cold.



KIDS CAN COOK: APPLES

Kids can help prepare apples by:

- Washing apples
- Measuring cinnamon and nutmeg
- Mashing boiled apples to make applesauce