

Harvest of the Month™

WINTER - APPLES



APPLES, GROWN ALL OVER SAN DIEGO COUNTY, ARE AN AMAZING SNACK FOR ANY OCCASION! THEY ARE FILLED WITH FIBER, VITAMIN C, AND POTASSIUM. STUDIES SHOW ONE APPLE IN THE MORNING IS MORE EFFECTIVE AT WAKING YOU UP THAN A CUP OF COFFEE!

FOOD WASTE PREVENTION

- KEEP APPLES COOL, POTENTIALLY IN THE CRISPER DRAWER OF THE FRIDGE
- DON'T STORE OTHER FRUITS AND VEGGIES WITH APPLES, THEY GIVE OFF ETHYLENE GAS WHICH SPEEDS UP THE DECAY OF OTHER PRODUCE
- TO KEEP APPLE SLICES FROM TURNING BROWN, SOAK SLICES IN COLD WATER WITH A LITTLE SEA SALT FOR 5 MINUTES

HEALTHY SERVING IDEAS



DIP SLICES IN PEANUT BUTTER FOR A SNACK



BAKE SLICES INTO APPLE CHIPS



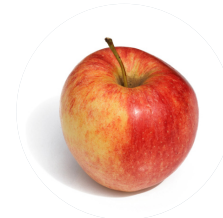
ADD TO ANY SALAD FOR SOME SWEETNESS!



FUN FACTS

APPLES ARE A MEMBER OF THE ROSE FAMILY OF PLANTS, ALONG WITH PLUMS, PEACHES, PEARS, AND CHERRIES!

COMMON APPLE VARIETIES



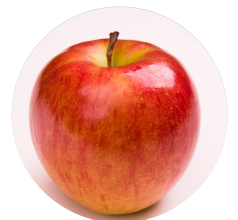
GALA
ORANGE RED SKIN WITH A MILD, SWEET, AND JUICY FLAVOR

RED DELICIOUS
SMOOTH, RED SKIN WITH SWEET FLAVOR. ONE OF THE MOST POPULAR AMERICAN VARIETIES



GRANNY SMITH
BRIGHT GREEN FLESH WITH A TART AND SOUR FLAVOR! GREAT FOR BAKING AND JUICING

FUJI
SWEET AND JUICY WITH YELLOW AND RED COLORING



HONEYCRISP
GREEN AND RED SKIN, JUICY AND SWEET FLAVOR. FOUND IN EARLY FALL

FUN FACTS

THERE ARE MORE THAN 2,500 VARIETIES OF APPLES GROWN IN THE UNITED STATES, AND THEY COME IN ALL SHADES OF RED, GREEN, YELLOW, AND EVERYTHING IN BETWEEN!

APPLE SEED OBSERVATION

MATERIALS

INSTRUCTIONS

1. BEFORE CUTTING INTO AN APPLE, ASK THE STUDENT TO PREDICT HOW MANY SEEDS THERE WILL BE INSIDE
2. CUT THE APPLE HORIZONTALLY IN HALF, AND LET THE CHILDREN OBSERVE THE "STAR" THAT HOLDS THE SEEDS
3. COUNT THE SEEDS WITH THE STUDENT(S) AND HAVE THEM COMPARE THE NUMBER WITH THEIR INITIAL PREDICTIONS
4. TRY TO EXPERIMENT WITH ANOTHER APPLE OR DIFFERENT COLORED APPLE
5. NOTE THE DIFFERENCES IN APPLES AND NUMBER OF SEEDS OBSERVED

- 1-3 APPLES OF YOUR CHOICE
- KID SAFE KNIFE
- CUTTING BOARD
- OPTIONAL: JAR FOR COLLECTING SEEDS



ACTIVITY FROM: [HTTPS://LILYNICHOLSRDN.COM/GROW-BEET-GREENS-AT-HOME/](https://lilynicholsrdn.com/grow-beet-greens-at-home/)

APPLE CINNAMON OATMEAL

INGREDIENTS

- 4 CUPS WATER
- 2 CUPS ROLLED OATS
- 1/2 TSP SALT
- 1/2 TSP CINNAMON
- PINCH OF NUTMEG
- 3 APPLES, PEELED AND CHOPPED
- 1/4 CUP HONEY OR MAPLE SYRUP
- 1/4 CUP PECANS, CHOPPED

INSTRUCTIONS

1. ADD THE WATER TO A POT AND BRING TO A BOIL. ADD IN THE OATS WITH THE SPICES AND SALT
2. NEXT, ADD IN THE APPLES. REDUCE HEAT AND LET SIMMER FOR 10-12 MINUTES, STIRRING OCCASIONALLY
3. ONCE THE APPLES ARE TENDER, STIR IN THE HONEY AND PECANS
4. TURN OFF THE HEAT AND LET THE OATMEAL SIT COVERED FOR 5 MINUTES. ENJOY!

RECIPE FROM: [HTTPS://HEALTHYFITNESSMEALS.COM/APPLE-CINNAMON-OATMEAL/#RECIPE](https://healthyfitnessmeals.com/apple-cinnamon-oatmeal/#recipe)