



APPLE TIME!

Apples are a classic fall favorite, for so many good reasons. They are packed with flavor and nutrients, and they store and travel well. Add to lunchboxes, enjoy in recipes both sweet and savory, and be sure to taste some new-to-you varieties this apple season.

HOW APPLES GROW

- In the spring, blossoms grow on apple tree branches. Insects (most often honeybees) in search of nectar transfer pollen from flower to flower or tree to tree. Pollinated blossoms will form apples!
- After the pollinated apple blossoms fade, apples start to grow behind the flowers. Apples grow over the summer months and are ready to pick in late summer and fall.
- Apples store and transport well, making them easy to appreciate and enjoy.



CHOOSING AND STORING APPLES

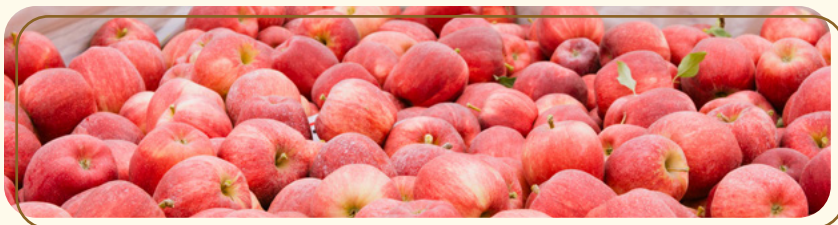
- Choose apples that are shiny, bruise-free and firm to the touch.
- Store apples in the fridge. This slows ripening and helps maintain flavor and texture. A refrigerated apple will keep longer.
- Rinse apples before serving.

MORE WAYS TO APPRECIATE APPLES

Apples are fantastic for snacking, and of course they are well loved in desserts like apple crisp and apple sauce. Also keep apples in mind for incorporating into savory dishes:

- Include them in green salads and grain salads.
- Add to potato- or winter-squash-based soups.
- Serve stewed or baked apples as a side dish.
- Slide slices into sandwiches or quesadillas.
- Pair with cheese or nut butters for an appealing sweet-savory combo.
- Is applesauce a favorite dish in your house? Make a batch from scratch so your kids can learn how it is made.

Apple picking is a fun fall activity offering a chance to learn more about apples in a hands-on way. Apples are grown in almost every state, so check your local area for orchards offering pick-your-own apples.



TIPS FOR PARENTS

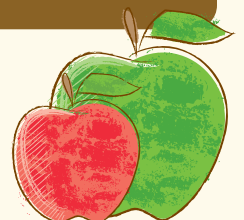
Apples are a source of fiber, vitamin C and phytochemicals. Fresh, whole apples offer the most nutrients (so enjoy them with the peel on!).

Have you ever noticed that your teeth feel cleaner after eating a fresh apple? Chewing apple skin and fibrous flesh offers a brushing effect, leading some people to consider the apple “nature’s toothbrush.” (But apples aren’t a substitute for teeth brushing!)

There are thousands of kinds of apples. Encourage kids to help you spot different varieties when shopping and invite them to keep a list of the apples they’ve tasted.



In partnership with



HANDS-ON ACTIVITY Comparing Apples to Apples



Step 1 On a piece of paper, create a chart. List the types of apples you'll be tasting in rows. Draw a sketch of each apple and color it. Look closely: How many colors do you see on a single apple? Add columns with headers: Color, texture (crisp, soft, juicy), flavor (sweet, tart, both), juiciness, and ranking.



Step 2 Cut one of the apples in half through the core. Cut another apple in half crosswise through the equator. Look at the apples closely. What do you notice about these different cross-section views? Add sketches of the two views to your paper.



Step 3 Cut the apples into slices for tasting. Taste the apples, recording your observations on the chart and discussing as you go. Vote on a favorite apple!

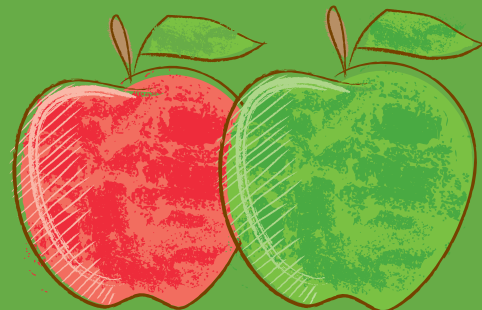
What You'll Need

few different types of apples
(try to get three different colors)

Cutting board and knife

Plates or napkins

Paper, pencils, crayons



RECIPES

Let kids help with the simple steps in bold!

BREAKFAST OR SNACK

Apple Cinnamon Parfait

Serves 1

5 ounces Greek yogurt 1 teaspoon honey
3 tablespoons granola Ground cinnamon
½ apple, chopped to taste

Step 1: Create layers of yogurt, granola and apple in a glass bowl or serving dish.

Step 2: Drizzle with honey and sprinkle with cinnamon.

SNACK

Apple "Donuts"

Makes several

1-2 apples Coconut flakes
Peanut or other Seeds (such as
nut butter sunflower, flax,
Greek yogurt hemp or chia)
Dried fruit Mini chocolate chips
Chopped nuts

Step 1: Core apples and cut crosswise into ½-inch-thick rounds.

Step 2: Get creative! Spread nut butter on apples and/or drizzle with yogurt. Sprinkle with dried fruit, nuts, coconut flakes, seeds, chocolate chips or other favorite toppings.

LUNCH OR DINNER

Peanutty Chicken or Tofu Lettuce Wraps with Apples

Makes 4

4 teaspoons hoisin sauce 12 ounces shredded chicken 2 apples, cored and
4 whole wheat wraps from a rotisserie chicken or thinly sliced
4 large Boston 12 ounces sliced baked tofu ½ cup shredded carrot
lettuce leaves ¼ cup peanut sauce

Step 1: Spread 1 teaspoon hoisin sauce on a wrap. Top with a lettuce leaf, chicken or tofu, apple and carrot. Drizzle with 1 tablespoon peanut sauce and roll up.

Step 2: Repeat with remaining ingredients.

SIDE

Farro, Apple and Pecan Salad

Serves 8

1½ cups farro 1 large gala or granny smith ¾ cup chopped toasted
Salt to taste apple, cored and chopped pecans
¼ cup olive oil, divided 1 tablespoon chopped thyme Pepper to taste
½ medium red onion, 3 tablespoons apple cider
chopped vinegar

Step 1: Soak farro in cold water for 20 minutes; drain well.

Step 2: Bring 2 quarts salted water to a boil in a medium pot. Add farro and simmer, uncovered, until tender, 30 to 35 minutes. Drain well, then rinse under cold water for 30 seconds. Drain again, then transfer to a large bowl, cover and refrigerate.

Step 3: Heat 2 tablespoons of the oil in a large skillet over medium heat. Add onion and cook until softened and translucent, about 5 minutes. Add apples, stir well and cook until slightly softened, 2 to 3 minutes more.

Step 4: Transfer apple mixture to bowl with farro. Add thyme, vinegar, remaining 2 tablespoons oil, pecans, salt and pepper and toss gently to combine. Serve immediately.