

# HARVEST of the MONTH APPLES



Harvest of the Month promotes a different MA-grown crop from local farms each month in school cafeterias across the state. To learn more, visit: [massfarmtoschool.org/hotm](https://massfarmtoschool.org/hotm)

Apples are a good source of potassium, vitamin C, and fiber. Fiber helps keep you full and keep your blood sugar level normal. One small apple is equal to about one cup of fruit.

## Healthy Serving Ideas

- Make apple “nachos” - slice apples thinly, sprinkle with lemon juice and add a drizzle of nut butter, sprinkle with raisins and/or dried cranberries and sunflower seeds.
- Make a sliced apple and cheddar cheese pita pocket sandwich using whole wheat pita.
- Try an apple pie smoothie: 1 medium apple, chopped; 1 cup milk; 1/3 cup oats; 2 tsp maple syrup; 1/2 tsp cinnamon; 1 cup ice. Blend!
- You can use applesauce as a substitute for oil in baking muffins and cakes! It's an easy way to get an additional serving of fruit for the day. Use a 1:1 ratio (1/4 cup oil = 1/4 cup applesauce).

## Where to Find Local Apples

MassGrown Map (MDAR)

<https://massnrc.org/farmlocator>

## Harvest of the Month Book Club

Gr. K-5: The Apple Tree: A Modern Day Cherokee Story by Sandy Tharp-Thee

Gr. 6-8: One Green Apple by Eve Bunting

Gr. 9-12: Bite Back by Saru Jayaraman & Kathryn De Master

## Fun Facts

In the U.S. people eat more apples than any other fruit.

Over 7500 types of eating apple are known. 120 varieties are grown in Massachusetts.

It takes the energy from 50 leaves to produce one apple.

## At Home Activity

### Apple Variety Exploration & Taste Test

1. Choose 3 different types of apples
2. Find a description of the apples on this website: <https://newenglandapples.org/apples/>
3. Read the description as you taste the apples, and see if you agree!
4. Write a poem about your favorite type of apple.

*Adapted from Montana Harvest of the Month*



## Apple Purchasing Pointers

Look for apples that are firm and have no bruises or damage.

Store apples at room temperature for up to one week. Or, refrigerate apples for up three months. Do not refrigerate apples in sealed bags.



MASSACHUSETTS



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February Preview: Butternut Squash!