

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

Apples have lots of fiber (especially if you eat the skin). Fiber is great for your digestive system.

Healthy Serving Ideas

Apple Nachos: Slice apples thinly, sprinkle with lemon juice and add a little nut butter. Then add raisins or dried cranberries and sunflower seeds.

Apple Pie Smoothie: Combine 1 medium apple, chopped; 1 cup milk; 1/3 cup oats; 2 tsp maple syrup; 1/2 tsp cinnamon; 1 cup ice. Blend!

Sweeten Your Sandwich: Add a few slices of apple to your grilled cheese or other sandwich for extra sweetness!

Substitute Applesauce: You can use applesauce as a substitute for oil in baking muffins and cakes! It's an easy way to get an extra 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.
- There are over 7500 types of eating apple. Massachusetts farmers grow 120 varieties.
- It takes about 36 apples to make one gallon of apple cider.

At Home Activity

Apple Variety Exploration & Taste Test

1. Choose 2 different types of apples from your grocery store, farmers' market, or local orchard.
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



MASSACHUSETTS



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OF AGRICULTURAL RESOURCES

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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.

February Preview: Winter Squash!