

# HARVEST of the MONTH APPLES

January



We are featuring fresh, healthy, locally grown apples in school lunches this month. Can you taste the difference?

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. Go to [www.choosemyplate.gov](http://www.choosemyplate.gov) to learn how many cups of fruits and vegetables you need every day.

## Healthy Serving Ideas

Eat apples whole or in slices. Sprinkle slices with lemon juice to prevent browning.

Spread peanut butter on sliced apples to add protein.

Make a sliced apple and cheddar cheese pita pocket sandwich using whole wheat pita.

Roast apples along with potatoes, brussels sprouts, and sweet potatoes for a healthy side dish.

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 Massachusetts Apples

Apples are a perfect New England storage crop. Many farms in Massachusetts place apples in "controlled atmosphere" storage which keeps apples firm and tasting like the day they were picked. Find some at <http://goo.gl/DIYMD2>.

## Fun Facts

The largest U. S. apple crop was 277.3 million cartons in 1998.

A bushel of apples weights about 42 pounds and will yield 20-24 quarts of applesauce.

The world's largest apple peel was created by Kathy Madison on October 16, 1976, in Rochester, NY. It was 172 feet, 4 inches long.

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

## Harvest of the Month Book Club

Elementary: The Season's of Arnold's Apple Tree by Gail Gibbons

Middle: What the World Eats by Faith D'Alusio

High School: Good Apples: Behind Every Bite by Susan Futrell



Over 7500 types of eating apple are known. 120 varieties are known in Massachusetts. Learn more about those types here: [www.newenglandapples.org/apples/](http://www.newenglandapples.org/apples/)



*Thank you to Blue Cross Blue Shield of Massachusetts and the Massachusetts Department of Agricultural Resources for helping make Harvest of the Month possible.*



## 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.

Look for our February newsletter featuring butternut squash next month!