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# EFNEP Newsletter

For more information about this and other Cornell Cooperative Extension of Steuben County programs, call 607-664-2300

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## October is Apple Month!

Nothing says it is fall in Western New York more than the fresh, local apples being sold at farmers' markets, farm stands and in the supermarket. Many orchards allow families to pick their own apples, which is a great way to spend a sunny, crisp weekend day together. To find U-Pick locations, visit <http://www.nyapplecountry.com/pick.php>.

Keep your apples crunchy and delicious by storing them in the crisper drawer of your refrigerator. The cool air of your refrigerator helps to preserve apples and to keep them fresher than apples stored at room temperature. To keep apples fresh, store them away from foods with strong odors like onion, or with broccoli, cauliflower, cabbage, cucumbers or leafy greens because apples give off a gas that can damage these vegetables and cause them to go bad more quickly.

Research shows that apples have lots of health benefits. Apples are a good source of fiber, vitamin C and pectin, soluble fiber that can help lower your cholesterol.



Apples make a great, on-the-go snack and are a great 'fast food' - just wash and eat! Try adding raw apples to salads and sandwiches, dipping slices in peanut butter for a healthy snack or cooking apples to make your own, fresh applesauce.

### **In Season: Fruits and Vegetables Galore!**

This month, before the frost, look for green and yellow beans, corn, eggplant, lettuce, peppers, spinach, summer squash and tomatoes. All month look for beets, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, collard greens, kale, leeks, onions, parsnips, potatoes, pumpkins, winter squash, Swiss chard, turnips, apples, grapes, pears and watermelon.

# KORNER

## IDS

Go to the public library with your child and borrow "Apples" by Gail Gibbons. This terrific book tells the reader about how apples are grown and harvested. After you read the book together, do an apple taste test. Choose a number of different apple varieties from the grocery store or farmers' market. You only need to buy one apple from each variety you choose. Try varieties you are not familiar with to see if there are other varieties you might like to eat as a family. Rate each variety and decide what variety (or varieties!) is your new favorite apple.

The **EFNEP** program provides nutrition education to low income families and children in counties throughout New York State.

**A series of 8 classes is offered to adults in a variety of settings.**

Workshop series include:

Eating Smart Being Active  
Finding A Balance—  
Diabetes  
Healthy Children, Healthy Families  
Healthy Cents  
Breastfeeding

**A series of 6 classes is offered to youth aged 8-12 in school and at after school locations.**

Workshop series include:

Choose Health: Food, Fun and Fitness  
Cooking Up Fun! Vary Your Veggies

If you or your organization is interested in scheduling classes, please call your local nutrition educator:

**607-664-2300**



**Cornell University**  
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**PutKnowledgeToWork.org**

## Microwave Baked Apple

Serving size: 1 apple

Makes 4 servings

### Ingredients:

4 large baking apples (like Crispin, Cortland, Empire or Jonagold)  
2 1/2 tablespoons brown sugar  
1/2 teaspoon cinnamon

### Directions:

1. Wash apples and remove core.
2. Cut a thin slice off bottom of each apple to form a flat surface. Place apples in a microwave safe baking dish.
3. Mix brown sugar and cinnamon in a small dish. Spoon mixture into center of apples.
4. Cover apples with waxed paper and microwave on high power 6 to 10 minutes or until apples are soft.

Source: Adapted from Kids a Cookin' Kansas Family Nutrition Program <http://www.kidsacookin.ksu.edu/>

Nutrition Facts: Serving Size - 1 apple, 140 Calories, 0 Calories from Fat, 0g Total Fat, 0% Calories from Fat, 0g Saturated Fat, 0g Trans Fat, 0mg Cholesterol, 0mg Sodium, 37g Total Carbohydrate, 6g Dietary Fiber, 1g Protein, 29g Sugars, 2% Vitamin A, 2% Calcium, 15% Vitamin C, 2% Iron