



# EFNEP Newsletter

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## October is Apple Month



Nothing says “Welcome Fall” more than the fresh, local apples sold at farmers’ markets, farm stands and supermarkets. Many orchards allow families to pick their own apples. Consider spending a sunny, crisp fall day together with your family, harvesting local apples to enjoy at home!

To find U-Pick locations, visit <https://www.applesfromny.com/find-apples/>  
Call ahead to make sure the farm’s U-Pick is open and how it is operating under COVID guidelines.

Some new varieties you may find include Zestar!, SnapDragon and RubyFrost.

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 keep them fresher than apples stored at room temperature. To help maintain your apples fresh flavor, store them away from foods with strong odors like onions. Aim also to separate your apples from veggies like broccoli, cauliflower, cabbage, cucumbers or leafy greens. Apples give off a gas that can damage these vegetables and cause them to spoil more quickly.

Apples make a delicious, 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 well-rounded snack or cooking apples to make your own fresh applesauce.

### In Season this Month: A variety of vegetables and fruits



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.