



Market Basket of the month

The **Market Basket of the Month** featured fruit is

October

APPLES



Simple Serving Tips

Crunchy Apple Roll-Up: Spread peanut or almond butter over tortilla. Add diced apple pieces in an even layer and top with crunchy rice cereal. Roll up tightly and cut in half.

Crunchy Chicken Salad: Add diced apple pieces, celery, and onion to cooked and shredded chicken. Add mayonnaise, salt, and pepper to taste.

Apples & Yogurt Dip: In a small bowl, mix ½ cup plain yogurt, ¼ C. peanut or almond butter and ¾ tsp. cinnamon. Serve with sliced apples.

Produce Tips

Keep apples refrigerated to slow ripening and maintain flavor. When kept cool, apples can last at least three months.

To reduce browning, make fresh apple dishes just before serving, or pour 100 percent apple juice over fresh apple slices.

Healthy Eating Tip

For good health, toddlers through adults should eat ½ - 2 cups of fruit a day. The amount needed varies with age and activity level. Visit: www.MyPlate.gov and click on "Fruits" to learn more.

Cranberry Applesauce

Makes 6 cups

Ingredients:

9 medium apples, peeled, cored, and chopped
1 cup water
1 ½ C. cranberries (fresh or frozen)
½ tsp. cinnamon
½ tsp. salt
½ C. packed brown sugar
2 T. lemon juice (optional)

Directions:

1. In a large saucepan, combine all ingredients. Bring to a boil, then lower heat to simmer. Cover and cook for 20 to 30 minutes.
2. Remove pan from the heat and let cool for a few minutes. Use a potato masher or fork to mash the mixture to the thickness you want. Serve warm or cold.
3. Refrigerate leftovers within 2 hours.

Note: For a smooth texture, puree in batches in a regular blender, using the manufacturer's directions for pureeing hot liquids.

Nutrition Facts: ½ cup serving = 80 calories; 0g fat; 0mg cholesterol; 100mg sodium; 21g total carbohydrate (6 g added sugar)

Source: www.FoodHero.org

Nutrition Facts

Serving Size 1 medium apple
(154g)

Amount per Serving

Calories 80 Calories from Fat 0

% Daily Value

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 2mg 0%

Total Carbohydrate 21g 7%

Dietary Fiber 4g 15%

Sugars 16g

Protein 0g

Vitamin A 2% **Calcium** 1%

Vitamin C 12% **Iron** 1%

Source: www.nutritiondata.com

Let's Move!

Activity Flash Cards: Write fun physical activities on notecards (one activity per card). Each day have your child pick as many cards as they want and do the physical activity listed. (For example, 10 sit ups).

Scarecrow Tag: Choose a "tagger." The other players run around the play area and when tagged by the "tagger" freeze in place, with arms and legs spread wide to form a scarecrow shape. The tagged player can be set free if another free player crawls through their legs. A player is also "safe" and cannot be tagged while they are crouched under a scarecrow's legs. The game continues until time is called or a new "tagger" is chosen.

Just the Facts

- Apples are members of the rose family.
- Apple trees take 4-5 years to produce their first fruit. A standard size apple tree starts bearing fruit 8-10 years after it is planted.
- One of George Washington's hobbies was pruning apple trees.

Market Basket of the Month is a WellSpan Community Health and Engagement initiative. To view a listing of monthly family newsletters, go to: www.wellspan.org/marketbasket