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## Selection

Apples are available locally in the fall. When buying apples, choose fruits that are firm with no soft spots or bruising.

Apples come in all shades of red, green, and yellow. Apple varieties range in size from a little bigger than a cherry, to as large as a grapefruit. Each apple variety has a different flavor; some are better for cooking and others for fresh eating.

The peel is good to eat and has many nutrients. The seeds should not be eaten.

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## Care and Storage

- ◆ Always wash your hands for 20 seconds with warm water and soap before and after preparing produce.
- ◆ Rinse apples under cold running water right before eating.
- ◆ Do not wash produce before storing.
- ◆ Fresh fruits are best stored in a clean refrigerator.
- ◆ Store fruits in a separate drawer from vegetables and meat.

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## Why Buy Local?

- ◆ Your money stays locally and is recirculated in your community.
- ◆ Farmers keep 100% of what you spend. Did you know that only about 5% of what you spend at a grocery store makes it back to the farmer? (WI Farmers Union)
- ◆ Buying local keeps farmers on the land and producing food for everyone.
- ◆ You are making a healthy choice for you and your family.



### FOR MORE INFORMATION...

Contact your local Extension office:

Polk County UW-Extension  
100 Polk County Plaza, Suite 190  
Balsam Lake, WI 54810  
(715)485-8600  
<http://polk.uwex.edu>

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<http://polk.uwex.edu>: (June, 2014)



# Veggie Bites



Apple  
Manzana

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## Uses

Apples can be eaten raw or cooked.

They are great to eat as a quick snack. Chop apples and add to fruit salads. Bake them in cakes, pies and even cookies. Other popular ways to enjoy apples are as applesauce or 100% juice.



Apple Crisp

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## Nutrition Facts

- ◆ Fat free
- ◆ Cholesterol free
- ◆ Sodium free
- ◆ Good source of Fiber
- ◆ Good source of Vitamin C

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## Try It!

### Apple Crisp

#### INGREDIENTS

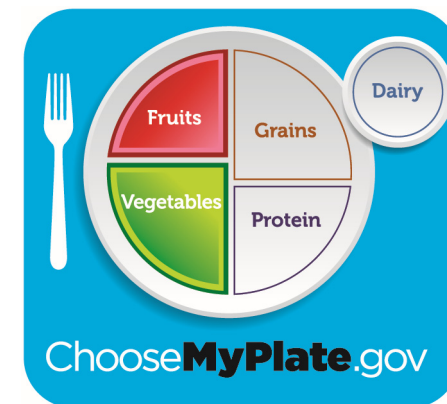
- |         |                       |
|---------|-----------------------|
| 4       | Medium apples         |
| 1/4 cup | Quick-cooking oatmeal |
| 1/4 cup | Flour                 |
| 1/2 cup | Brown sugar           |
| 1 Tbsp. | Cinnamon              |
| 1/4 cup | Butter                |

#### INSTRUCTIONS

1. Preheat oven to 350 degrees F.
2. Grease bottom and sides of square pan.
3. Remove the cores from apples and slice.
4. Spread the sliced apples on the bottom of the pan.
5. Cut the butter into small pieces and put in a medium-sized bowl.
6. Add the oatmeal, flour, brown sugar and cinnamon.
7. Using 2 knives, cut the butter into the mixture until it looks like small crumbs.
8. Sprinkle the mixture over the top of the apples.
9. Bake in the oven for about 20 minutes.

Yield: 8 servings

Recipe Source: [www.recipesource.com](http://www.recipesource.com)



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## History & Fun Facts

The apple can be traced back to the Romans and Egyptians who introduced them to Britain. The pilgrims planted the first apple trees in North America in the Massachusetts Bay Colony.

Americans eat about 120 apples per person each year.

There are about 2500 apple varieties grown in the U. S. Golden Delicious, Red Delicious, Fuji and Granny Smith are the most common apple varieties found in stores.