

# EFNEP Newsletter

For more information about this and other Cornell Cooperative Extension of Oswego County programs, call 315-963-7286.

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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. Don’t forget to use your Farmers’ Market Nutrition coupons, your WIC fruit and vegetable check or EBT card at many markets and farm stands.

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, including by Zoom and phone.**

Workshop series include:

- Family Nutrition Education Curriculum
- 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 our Veggies
- Teen Cuisine

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

SallyAnn Danforth  
Cornell Cooperative Extension  
of Oswego County  
315-963-7286

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# KORNER IDS

Head to the local library or use the library website to borrow “Apples, Apples, Apples” by Nancy Elizabeth Wallace. Learn about how apples are grown, different varieties, picking apples and their many uses. To discover more about apples, work with your child on the apple activities at the end of the book.

## Potato Pals

Serving Size: 3/4 cup  
Prep Time 10 minutes

Servings per recipe: 4

### Ingredients:

1 pound of potatoes, washed and cut in cubes  
1 tablespoon of vegetable oil  
1/2 teaspoon salt  
1/2 teaspoon garlic powder or 2 garlic cloves, minced

### Directions:

1. Preheat oven to 400 degrees.
2. In a large bowl, stir together potatoes, oil, salt and garlic powder.
3. Lay potatoes out on a baking sheet.
4. Bake until potatoes are soft, about 20 minutes. With a pancake turner toss the potatoes a few times while cooking.
5. Refrigerate leftovers within 2 hours.



Nutrition Facts: Serving Size – 3/4 cup, 110 Calories, 3.5g Total Fat, 30 calories from fat, 27% calories from Fat, 0.5g Saturated Fat, 0g Trans Fat, 0mg Cholesterol, 300mg Sodium, 18g Total Carbohydrate, 2g Dietary Fiber, 1g Sugars, 2g Protein, 2% calcium, 4% iron, 0% Vitamin A, 15% Vitamin C

Source: [www.foodhero.org](http://www.foodhero.org) - Oregon State University Extension Service, Family & Community Health