

EFNEP Newsletter

For more information about this and other Cornell Cooperative Extension of Oswego County programs, call 315-963-7286 ext. 300 or visit www.thatscooperativeextension.com.

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October is Apple Month

Did you know apples are the official fruit of New York State? Celebrate our official state fruit during Apple Month. Zestar and SnapDragon are two newer varieties you can find in supermarkets, and at farm stands and farmers' markets. Zestar is zesty with a nice crunch and SnapDragon were developed by Cornell University and are sweeter with a 'monster crunch'.

Are you interested in taking your family apple picking? Use this link <https://www.applesfromny.com/find-apples/pick-your-own-apples/> to find a U-Pick farm near you. Be sure to check with the farm about their hours and Covid restrictions before going to pick apples.



One large apple has 130 calories, 20% of your daily fiber needs, no sodium, fat or added sugars and is easy to take anywhere and eat for a snack.

Here are some fun apple facts from the New York Apple Association:

- Apples are a member of the rose family of plants, along with pears, plums, peaches and cherries.
- It takes about 36 apples to make one gallon of apple cider.
- Apples float because 25% of their volume is air.
- The world's largest apple peel was created by Kathy Wafler Madison on October 16, 1976, in Rochester, N.Y. It was 172 feet 4 inches long. (She was 16 years old at the time, and grew up to be a sales manager for an apple tree nursery.) (Source: Guinness World Records)

In Season This Month: Lots of Fruits and Vegetables



Don't forget to use your Farmers' Market Nutrition coupons, WIC fruit and vegetable check or EBT card this month at your local market! 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.

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

A series of eight 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:

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KORNER IDS

Taste test apples with your children. At the farmers' market, farm stand or local supermarket, choose 2-3 different varieties of apples to try. Once you get home, wash and slice each apple. As a group, try one apple variety at a time and decide which apple is your family favorite.

Microwave Applesauce

Serves 7

Serving size: 1/2 cup

Ingredients

6 apples, peeled, cored and quartered or chopped (about 8 cups)
1/4 cup water
1/4 cup sugar (or less to taste)
1/4 teaspoon cinnamon

Directions

1. Place apples and water in a 2 quart microwave safe dish. Cover with microwave-safe cover.
2. Cook on high for 10 to 12 minutes or until the apples are soft enough to mash.
3. Use a potato masher or fork to make chunky applesauce.
4. Add the sugar a little at a time to reach desired sweetness. Add cinnamon.
5. Serve warm or chilled. Refrigerate leftovers within 2 hours.



Nutrition facts for 1/2 cup: 90 calories, 0g total fat, 0g saturated fat, 0mg cholesterol, 0mg sodium, 25g total carbohydrate, 2g dietary fiber, 21g total sugars, 7g added sugars, 0g protein, 0mcg Vitamin D, 8mg calcium, 0mg iron, 125mg potassium, 0% calories from fat

Source: University of Oregon www.foodhero.org