

Apple Manzana



Veggie
Bites



Try It!



Selection

When buying apples choose apples that are firm with no soft spots. Wash under clean, running water before eating. Many other varieties are available in the fall.

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. The peel is good to eat and has many nutrients. Apples have 5 seed pockets. Do not eat the seeds.

Uses

Apples can be eaten raw or cooked. They are great to eat as a quick snack. Chop and add to fruit salads. Bake in cakes, pies and cookies. Other popular ways to enjoy are as applesauce or 100% juice.

APPLE CARROT SOUP

Ingredients

- 1 pound pork (lean cut into chunks)
- 4 apples (with skin, cored and quartered)
- 4 carrots (large, peeled and cut into chunks)
- 4 slices ginger
- 1/2 teaspoon salt
- 20 cups water

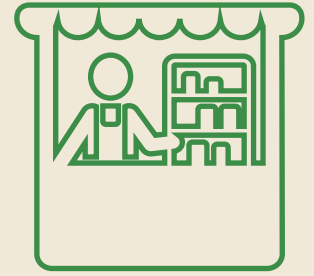
Instructions

1. In a large pot over high heat, combine all ingredients, bring to a boil.
2. Reduce heat to medium and simmer until soup reduced to about 8 cups of liquid, about 3 to 4 hours.
3. Skim fat from surface and serve.
4. Store leftover soup covered in refrigerator for up to 3 days.

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 a piece each year.

There are about 2500 varieties grown in the U.S. Golden Delicious, Red Delicious, Fuji, and Granny smith are available year round.



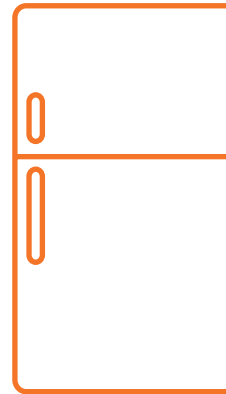
BENEFITS OF BUYING LOCAL

By buying local you will receive the freshest vegetables possible. Many items are picked right before they leave in the morning for farmers markets.

When buying local you are supporting a small business here in your community.

Care and Storage

- Always wash your hands for 20 seconds with warm water and soap before and after preparing produce.
- Do not wash produce before storing but was it right before you are going to eat it.
- Fresh fruits are best stored in a clean refrigerator.
- Store fruits in a separate drawer from vegetables.
- Eating 2 cups of fruit a day is the best way to maintain a healthy diet.



NUTRITION FACTS

- _____ Fat free
- _____ Cholesterol free
- _____ Sodium free
- _____ Good source of fiber
- _____ Good source of Vitamin C



Swipe at the Information Booth on the corner of 2nd and Main. Double your \$10 EBT swipe on the 1st Saturday of each month!



FOR MORE INFORMATION...

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Primary Sources: University of Nebraska—Lincoln Extension; 5 to 9 a Day for Better Health program at www.5aday.org; <https://whatscooking.fns.usda.gov>

FoodWise education is funded by the USDA Supplemental Nutrition Assistance Program—SNAP and Expanded Food and Nutrition Education Program—EFNEP An EEO/AA employer, University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act requirements.