

# EFNEP Newsletter

For more information about this and other Herkimer County programs, call 315.866.7920

*Produced by Cornell Cooperative Extension October 2018*

## 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. This is a great way to spend a sunny, crisp weekend day together. To find U-Pick locations, visit <http://www.nyapplecountry.com/pick.php>.

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 to keep them fresher than apples stored at room temperature. To keep apples fresh, store them away from foods with strong odors like onion, or with broccoli, cauliflower, cabbage, cucumbers or leafy greens because 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 healthy snack or cooking apples to make your own, fresh applesauce.



### In Season This Month: Lots of Fruits and Vegetables

This month, 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.

**EFNEP** is a free program helping families with children eat better for less.

**Learn how to:**

- Save \$\$ on grocery bills and stretch your food dollars
- Prepare low-cost quick and healthy meals
- Keep your family healthy by staying active and eating right

**Who is eligible for this program?**

Families with children ages 19 and under (or pregnant) who are participating in WIC, SNAP, Head Start, Medicaid, free or reduced price school lunches

If you or your organization are interested in scheduling classes, please contact:

Cornell Cooperative Extension Herkimer County  
5657 State Route 5  
Herkimer NY 13350  
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herkimer@cornell.edu

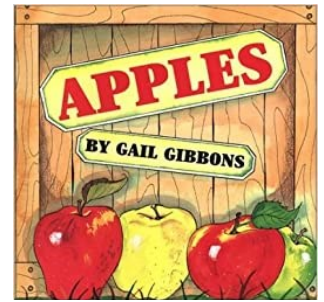
For more information about EFNEP in Herkimer Co. see: <https://bit.ly/CCEHCEFNEP> or scan the QR code below:



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# KORNER IDS

Go to the library with your child and borrow "Apples" by Gail Gibbons. This terrific book tells the reader about how apples are grown and harvested. After you read the book together, do an apple taste test. Choose a number of different apple varieties from the grocery store or farmers' market. You only need to buy one apple of each variety you choose. Try varieties you are not familiar with and see if you find a new family favorite.



## Peanut Butter Dip

Serving Size: 2 tablespoons

Makes 6 servings

### Ingredients:

- ½ cup plain, low-fat yogurt
- ½ teaspoon vanilla
- ⅓ cup peanut butter

### Directions:

1. Combine yogurt, vanilla and peanut butter in a bowl.
2. Mix well.
3. Chill dip in refrigerator until ready to serve. Delicious with fresh fruits like apples, pears, grapes, bananas, kiwi, strawberries and melon.

**Source:** Adapted from *Eating Smart, Being Active, California EFNEP and Colorado EFNEP*

\*Nutrition Facts: Serving Size – 2 tablespoons, 100 Calories, 7g Total Fat, 1.5g Saturated Fat, 0g Trans Fat, 0mg Cholesterol, 80mg Sodium, 4g Total Carbohydrate, less than 1g Dietary Fiber, 3g Sugars, 4g Protein, 0% vitamin A, 2% vitamin C, 4% calcium, 2% iron

