

# EFNEP Newsletter

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

*Produced by Cornell Cooperative Extension October 2020*

## 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.



**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  
315.866.7920  
herkimer@cornell.edu

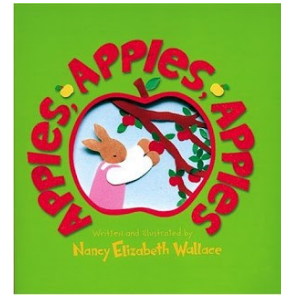
For more information about EFNEP in Herkimer Co. see: <https://bit.ly/CCEHCEFNEP> or scan the QR code below:



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# KORNER IDS

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

Servings per recipe: 4

Prep Time 10 minutes

### 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