

# EFNEP Newsletter

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

*Produced by Cornell Cooperative Extension October 2022*

## October is Apple Month!



In New York, nothing says “fall is here” more than fresh, local apples being sold at farmers’ markets, farm stands and the supermarket. Many orchards allow families to pick their own apples, which is a great way to spend a sunny, crisp weekend day together. To find U-Pick locations, visit <https://www.applesfromny.com/find-apples/pick-your-own-apples/>.

Store apples in the crisper drawer of your refrigerator to keep them crunchy and delicious. The cool air helps to preserve and keeps them fresher than apples stored at room temperature. Avoid storing them near foods with strong odors like onions. Storing apples with broccoli, cauliflower, cabbage, cucumbers or leafy greens can damage the vegetables, as apples give off a gas that can cause other fruits and vegetables to spoil more quickly.

Research shows that apples are a good source of fiber, vitamin C and pectin, which is a soluble fiber that can help lower cholesterol. They make a great, 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 or hummus for a healthy snack or cooking apples to make your own, fresh applesauce.

### In Season This Month: Veggies and Fruits Galore!

This month, before the first frost, look for green and yellow beans, corn, eggplant, lettuce, peppers, spinach, summer squash and tomatoes. All month you can find 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  
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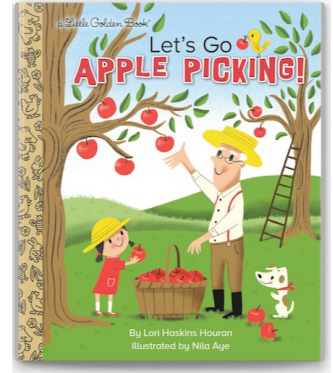
For more information about EFNEP in Herkimer Co. see: <https://bit.ly/CCEHCEFNEP> or scan the QR code below:



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# KORNER IDS

"Let's Go Apple Picking", a Little Golden Book by Lori Haskins Houran, is a story about a wonderful apple picking adventure shared between a grandfather and his granddaughter. Read this book with your child, then together go apple picking or make the Apple Sandwiches recipe below.



## Apple Sandwiches

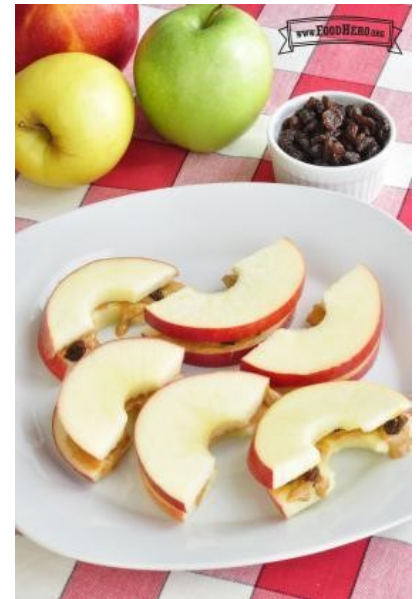
Make 2 servings  
Serving size 1/2 apple

### Ingredients

- 1 medium apple
- 2 tablespoons peanut butter
- 1 tablespoon raisins

### Directions

1. Wash hands with soap and water.
2. Cut apple in half from the stem down and lay each half cut-side down on a cutting board. Slice each half into 6 half-round slices and cut out the core.
3. Spread 1/2 teaspoon peanut butter on one side of each apple slice.
4. Put 4 to 6 raisins on top of the peanut butter on one apple slice. Top with another apple slice, peanut-butter side down. Squeeze gently.
5. Continue with remaining apple slices.
6. Refrigerate leftovers within 2 hours.



### Notes:

1. Sprinkle the peanut butter with grated carrot, chopped nuts, seeds or granola instead of, or along with, the raisins.
2. Try other nut or seed butters, such as almond, hazelnut or sunflower seed.
3. Use other dried fruit pieces, such as cherries or cranberries.

Nutrition Facts for 1/2 apple: 150 calories, 8g total fat, 1.5g saturated fat, 0mg cholesterol, 70mg sodium, 19g total carbohydrate, 3g dietary fiber, 13g total sugars, 1g added sugars, 4g protein, 0% Vitamin D, 2% calcium, 0% iron, 4% potassium, 0% Vitamin A, 5% Vitamin C, 48% calories from fat