

HARVEST OF THE MONTH

OCTOBER: APPLES

Apples

SELECT

Choose firm apples with smooth, shiny skin

STORE

Refrigerate up to 3 weeks

SEASONALITY

In Wisconsin, apples are typically ripening and ready to pick in late August through October

APPLE FACTS

There are over 7,500 varieties of apples grown across the world

Uses

- Mix apple chunks into your hot cereal
- Pair apple slices with cheddar cheese
- Add thin apple slices to your chicken or tuna sandwich
- Pair apples with peanut butter and raisins



Apple Taste Test: Gather a few different apples for a family taste test - how are the look, smell and tastes of apples similar and different?



Extension
UNIVERSITY OF WISCONSIN-MADISON





Recipe: Homemade Applesauce

Ingredients

- 4 apples (peeled, cored, and chopped)
- 1/2 cup water
- 2 tablespoons white sugar (optional)
- 1/2 teaspoon ground cinnamon (optional)



Instructions

- Combine apples, water, sugar, and cinnamon in a saucepan. Cover and cook over medium heat for 15-20 minutes or until apples are soft. Cool. Mash with a fork or potato masher.

<https://spendsmart.extension.iastate.edu/recipe/homemade-applesauce/>

Recipe: Baked Apples

Ingredients

- 2 medium size tart apples
- 1 teaspoon white or brown sugar, packed
- 1/4 teaspoon ground cinnamon
- 2 tablespoons oatmeal
- 2 tablespoons (total) raisins, dried cranberries, chopped nuts
- 1 container (6-ounces) vanilla yogurt



Instructions

Cut apples in half lengthwise. Use spoon to remove cores and hollow out a space 1 inch or more deep. Arrange apple halves, cut sides up, in microwavable dish. Combine sugar, cinnamon, oatmeal, raisins, cranberries, and nuts. Fill each apple half with sugar mixture. Cover with plastic wrap. Fold back one edge 1/4 inch to vent steam. Microwave 3-3 1/2 minutes or until apples can be cut easily. Remove from microwave. Let sit a few minutes. Spoon yogurt over the top.

<https://spendsmart.extension.iastate.edu/recipe/hurry-baked-apples/>