

Harvest of the Month!

October: Apples 🍏



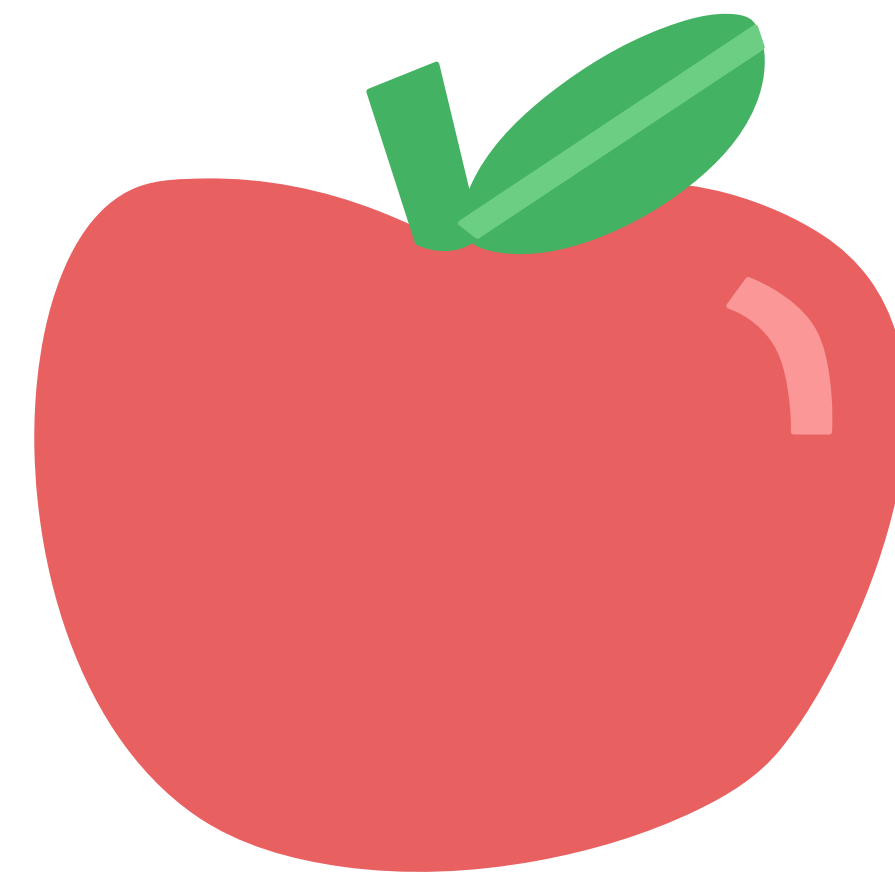
Why Apples Are Amazing in October!

October is apple season! Apples come in red, green, and yellow — crunchy, sweet, and totally delicious. They grow on trees and are ready to pick every autumn!





Apples Are Amazing!



So Many Colors!

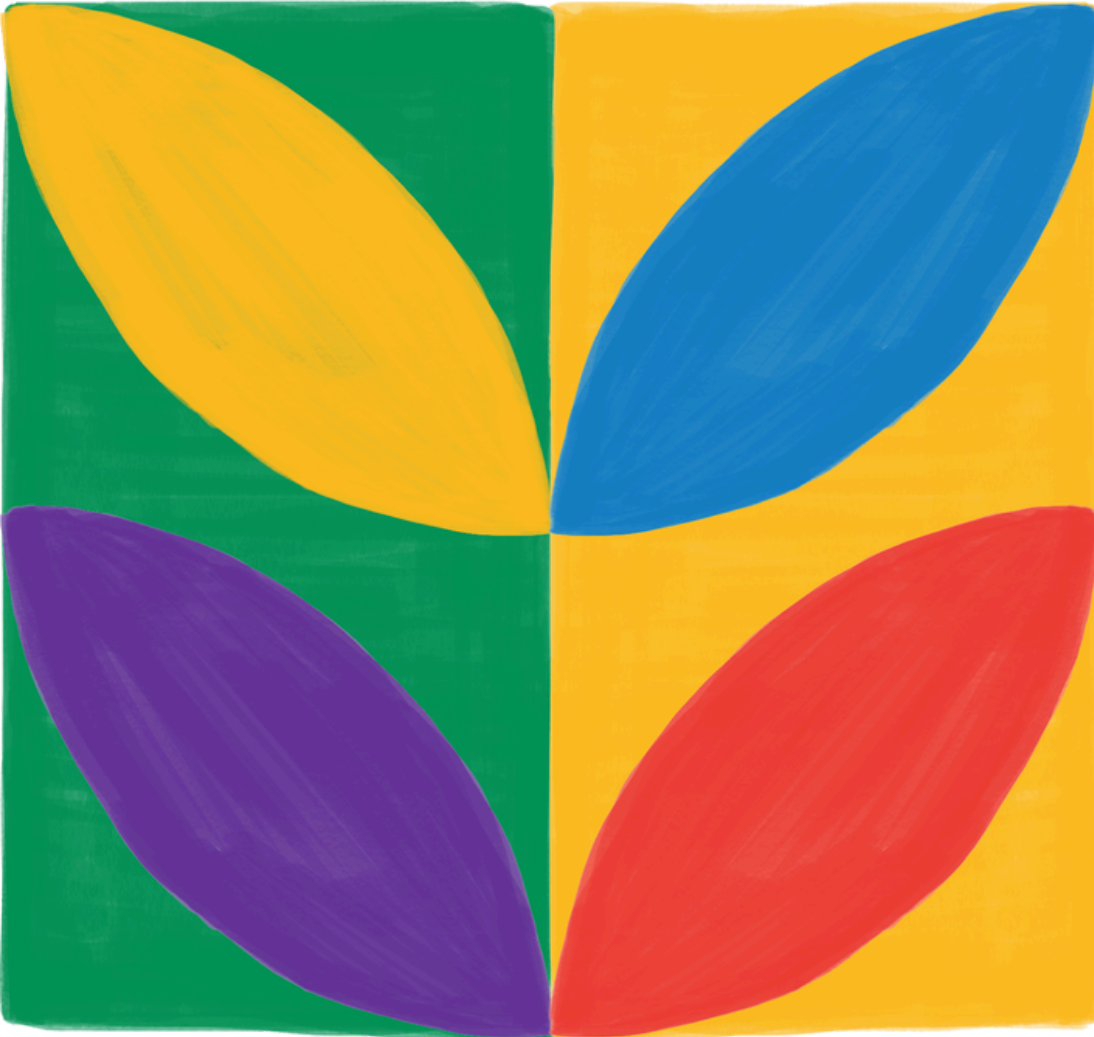
Apples come in red, green, and yellow! Each color has its own yummy taste. Try a Fuji, Gala, or Granny Smith! 🍏

Power-Packed Nutrients!

Apples give you energy to run and play! They have fiber, Vitamin C, and natural sweetness — no candy needed! 💪

How Apples Grow!

Apples grow on trees in orchards. In October, they are ready to pick! Farmers shake branches and catch them in big bins! 🌳



Apple Nachos Recipe!

Step 1: Slice Apples

Ask an adult to help slice apples into thin rounds or wedges. Lay them flat on a plate like nachos!

Step 2: Add Your Dip

Spread yogurt, peanut butter, or sunflower seed butter on top. Check for allergies before choosing!

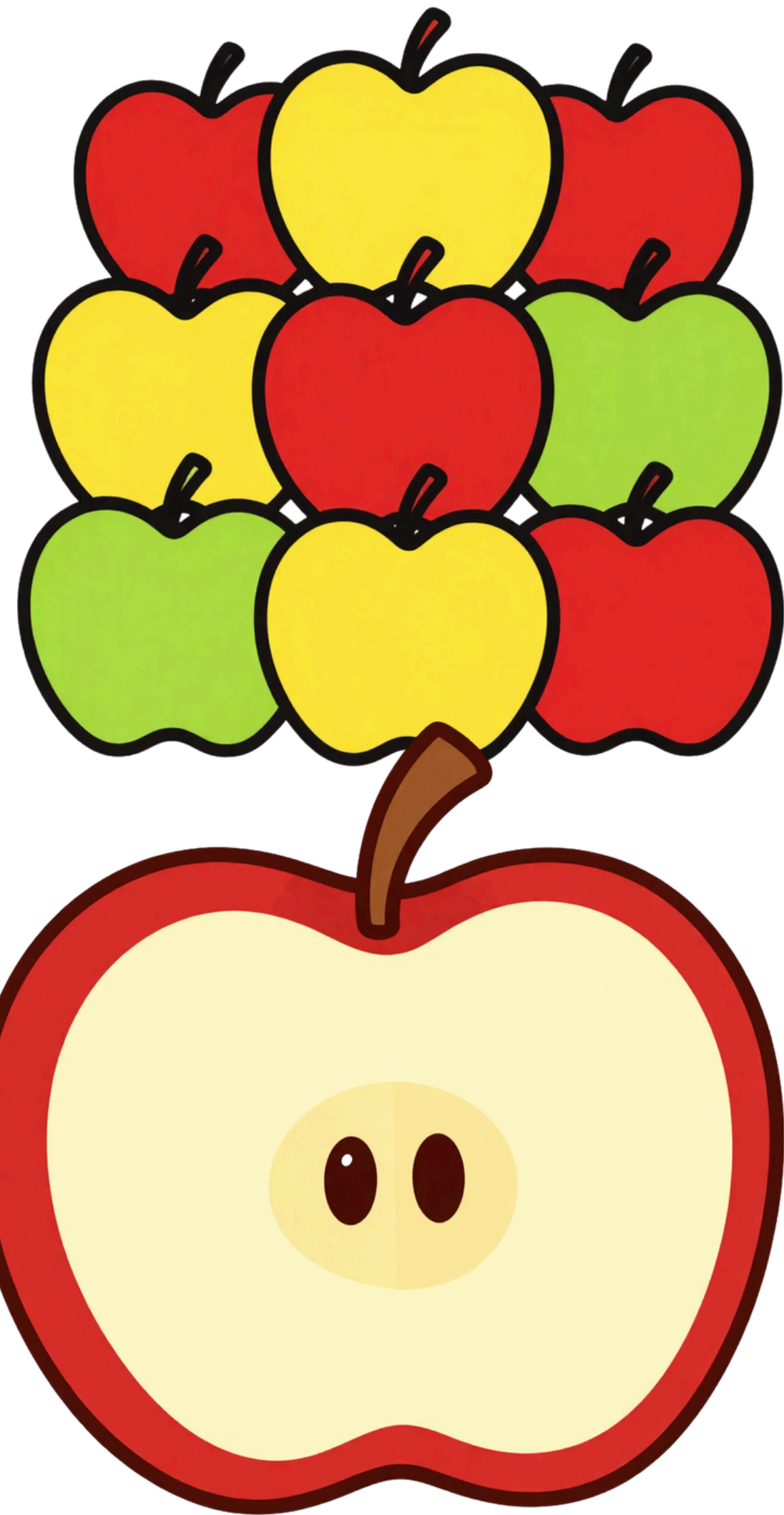
Step 3: Sprinkle Granola

Sprinkle crunchy granola all over your apple slices for a yummy, crispy topping. So fun!

Step 4: Add Fun Toppings!

Finish with cinnamon, raisins, or berries. Be creative and make your own colorful design!





Fun Apple Activities!

Apple Taste Test & Seed Counting

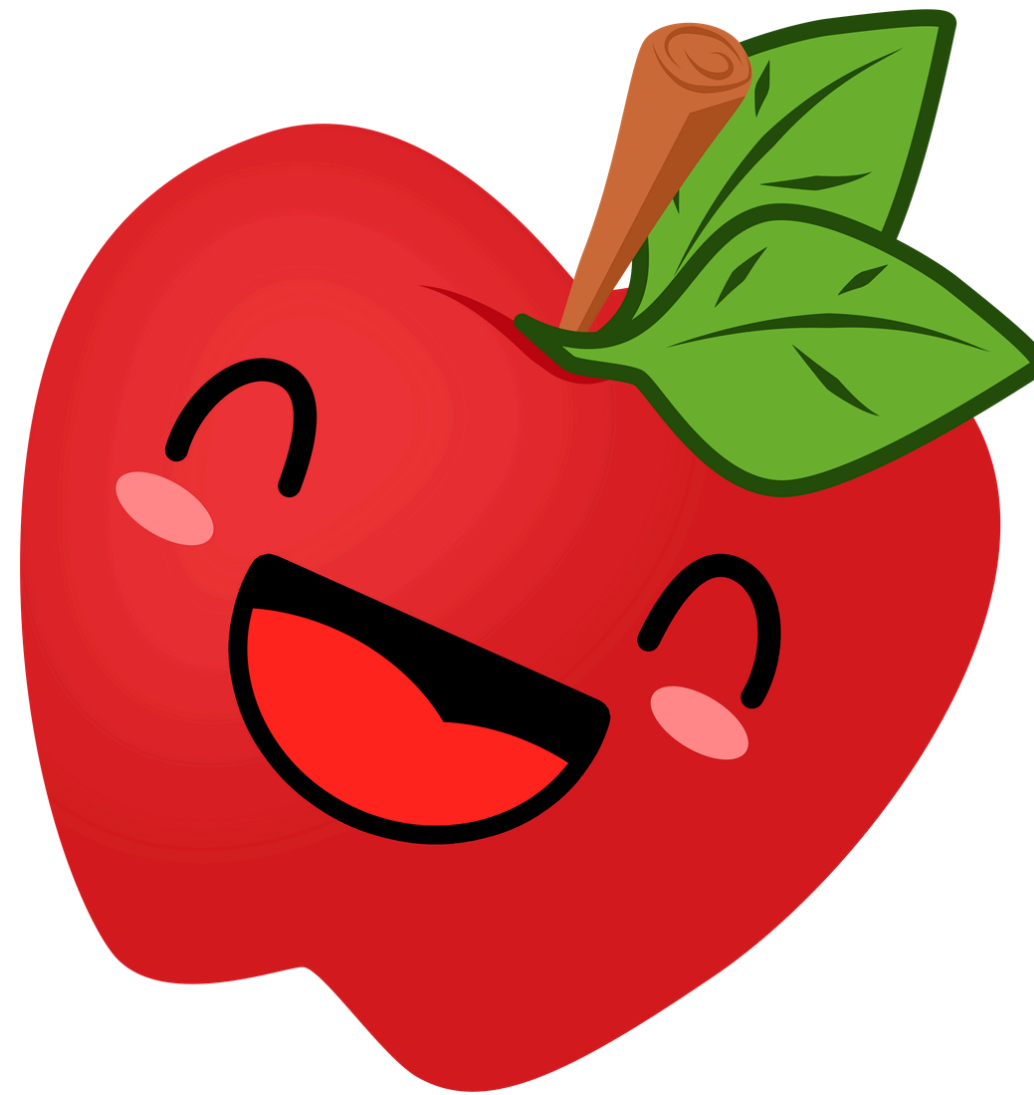
Try red, yellow, and green apples — which is sweetest? Then cut one open, count the seeds, and sort them into groups!

Apple Snack Face & Stamping Art

Arrange apple slices, peanut butter, and raisins to make a funny snack face! Then dip a cut apple in paint to stamp colorful apple prints on paper.



Try, Make & Discover Apples!



Try a Honeycrisp Apple!

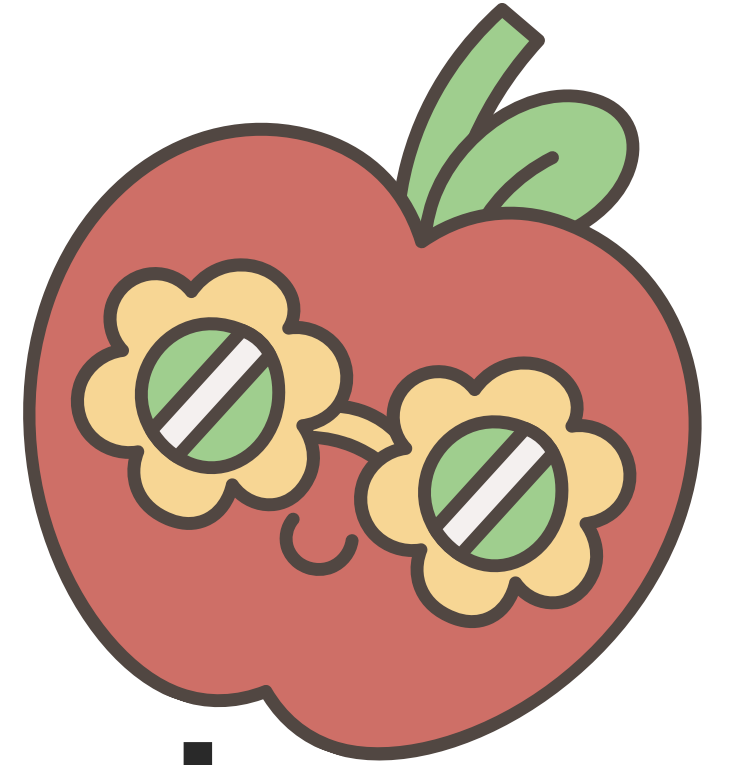
Honeycrisp apples are super crunchy and sweet. Ask a grown-up to slice one up — try it plain, with peanut butter, or dipped in honey! Which way do YOU like it best?

Make Apple Smiles! 🍏

Slice an apple, spread peanut butter on each piece, add mini marshmallows for teeth — and you've got a silly smile snack! Kids can make this all by themselves. So fun and yummy!

Fun Apple Fact! ✨

Apples float in water because 25% of their volume is AIR! Drop one in a bowl and watch it bob — that's the science of apples. Pretty cool, right?



**Taste, create, and celebrate
apples this October!**

