October Fruit – Apples!

Fun Facts:

- **There are 2,500 varieties of apples grown in the United States!**
- **The apple peel provides the most nutrients - including fiber and phytochemicals that give the apple peels their color.**
- **Apples are a great source of Vitamin C, which supports healthy gum, skin and blood.**
- **Johnny Appleseed was a real person! He traveled throughout America by himself planting apple seeds for new settlers.**
- **The crabapple is the only native apple in North America**

https://www.heinzhistorycenter.org/blog/western-pennsylvania-history/real-johnny-appleseed

https://web.extension.illinois.edu/apples/facts.cfm

http://s3-us-west-2.amazonaws.com/wasnap-ed.org/wp-content/uploads/sites/35/2018/10/Farm-Fresh-

Apple Chip Recipe

INGREDIENTS:

- 2 large apples
- Cinnamon (optional)

DIRECTIONS:

1. Rinse apples and cut crosswise into thin slices. Cut out the core if desired.

2. Arrange slices in a single layer on baking sheets. Sprinkle lightly with cinnamon if desired.

3. Bake at 200 degrees F for about 1 hour. Turn slices over. Continue baking until dry with no moisture in the center, 1 hour or more depending on thickness.

4. Remove from oven and cool. Store in an air-tight container.

Recipe adapted from Nutrition Matters & Purdue University Nutrition Education Program.

https://www.eatgathergo.org/recipe/baked-apple-chips/

Local Apples served at PSD from Hotchkiss, CO!

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