

Harvest of the Month



Network for a Healthy California

Harvest of the Month is sponsored by



7100 students in Western Nevada County will sample Apples this month through Sierra Harvest's Farm to School Program!



Healthy Serving Tips:

- Add chopped apples to kale or spinach salad with lemon or vinaigrette dressing
- Add chopped apples to oatmeal or breakfast cereal
- Serve slices with cheese or nut butter

Apples



Baked Apples and Squash

- 4 apples in 1" slices
- 1 small butternut or 2 delicata squashes
- 1 Tbsp. oil
- 1 tsp. cinnamon

Preheat oven to 375 F. Slice squash in half and scoop out seeds. Slice squash into ½" thick moon shapes. Coat with oil and bake on a cookie sheet for 10 minutes. Add apples, cinnamon, and toss. Bake for 20 more minutes, until tender.

John and Clazien Smit founded Smit Farms in 1969 in Linden, about 30 minutes east of Stockton, CA. Originally from the Netherlands, they market the majority of their fruit directly to consumers. The Smit family now grows a wide variety of fruit, mostly organic: apples, table grapes, cherries, stone fruit, blueberries, pomegranates, and kiwifruits. The Smits are committed to growing fruit using sustainable practices. The farm is powered by solar energy and their cold storage box is underground, using the cool earth to save energy. Brought to you by Sunset Ridge Fine Fruits.



If your student is eligible for free/reduced school meals you likely qualify for CalFresh, which can help you afford healthy and nutritious food:

C4Yourself.com



Apple Fun Facts

For all ages:

The heaviest apple weighed 4 pounds 1 ounce, about as much as a half-gallon of milk.

Apple trees take 4 to 5 years to produce fruit, and can live for up to 200 years.

Some varieties of apple trees can produce up to 500 apples in a season.

Apples are related to pears, almonds, peaches, apricots, plums, cherries, strawberries, blackberries, raspberries, and roses.



Two thousand five hundred different varieties of apples are grown in the United States.

The legendary Johnny Appleseed was a real man named John Chapman, who planted apple trees in Pennsylvania, Ohio and Indiana in the early 1800s. He travelled frequently between his many dispersed orchards, and sold apple trees and land to settlers.

Roughly half of all apples grown on earth are from China. Chinese apples outnumber American apples seven to one.

Chinese apple juice concentrate is sold so cheaply that apple orchards are disappearing from places in California once famous for their apples, like Sonoma county.

Apples originated in Central Asia and have been grown in Europe and Asia for thousands of years. The crabapple is a wild type of apple native to North America and Asia.

For older students:

The scientific name for an apple tree is *Malus pumila*. It is in the Rosacea family.

Whole apples are high in dietary fiber, which helps you feel full and is important for digestive and cardiovascular health. Eating whole apples is healthier than drinking apple juice, because the fiber in the apples slows the absorption of fruit sugar into the bloodstream.

Most apples are grown from grafted trees because the fruit of apples grown from seed can be very different from the parent fruit. Grafting involves joining two plants together to grow as one, usually a rootstock of one variety, and branches of another variety.

Most apple trees need another different apple tree blooming nearby (at the same time) to pollinate the blossoms that in turn become the fruit. The seeds of these apples therefore contain genetic material from both the tree the apple grew on and also the tree(s) the pollen came from (with the help of bees). If these seeds are planted, the resulting tree is different than the tree those seeds came from.

Pink lady apples are a variety developed in Australia from crossing Golden Delicious and Lady Williams apple varieties.