

# Harvest of the Month



Network for a Healthy California

Harvest of the Month is sponsored by



7500 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



Cody Curtis, Lucy O'Dea, and Grayson Curtis at Flying V Farm

## Applesauce

- 3 pounds apples - approx. 6 medium apples, peeled, cored, quartered and chopped into smaller chunks.
- 1/2 cup water
- 2 tbsp lemon juice
- 2 tbsp sugar
- 1/2 tsp ground cinnamon (optional)
- 1/4 tsp salt

Place all ingredients in a large pot and stir well. Bring to a boil on high heat, then turn to low and cover. Simmer on low for 30 minutes or until the apples are soft and cooked through. Once fully cooked, remove from heat. For a chunky applesauce, mash the apples in the pot with a potato masher. For a smooth applesauce, add to a food processor or blender and blend until smooth (if using a blender, work in batches and allow time to cool).

Flying V Farm is a worker-owned, certified organic farm on a beautiful piece of land in Placerville, California. They grow a diversity of vegetables, fruits, and flowers. The name of the farm refers to the cooperation and communication of migrating birds, which the three founders aim to reflect as they share the responsibilities of running a farm. Two of the farmers grew up here, attending Grass Valley Charter, Lyman Gilmore, and Nevada Union HS! They also moved back after college to start farming here before moving to Placerville.

In addition to an onsite farm stand, their produce can be found in local co-ops, including parsley and Red Kuri squash at BriarPatch Food Co-op!



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](http://C4Yourself.com)



# Apple Fun Facts

*What is that spot?*

Did you get one of the special apples with a spot on it? What do you think caused that spot?

Hints: Not a creature trying to share a bite  
It happened back in May  
Something fell from the sky to cause the mark  
It wasn't rain falling but it *was* H<sub>2</sub>O

It was hail! The farm where this was grown had a late-season hailstorm, which caused a spot on some of the apples. The spot is likely on the bottom of the fruit (opposite of the stem side) because the bottom is actually the last remnant of the flower, which points up in the Spring

Did you know it's still completely safe to eat? Food doesn't have to look pretty to taste delicious. In fact, too often delicious food is thrown away or not purchased because it doesn't look like what we expect.

*For all ages:*

Two thousand five hundred different varieties of apples are grown in the United States. These apples are Gala and Fuji varieties- can you name others?

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.

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.

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.

