



Apples are the Harvest of the Month!

Add apples to your favorite family meals:

- Mix apple chunks into your hot cereal.
- Pair apple slices with cheese.
- Add thin apple slices to chicken salad or peanut butter sandwich.

Make meals and memories together. It's a lesson kids will use for life.

Select – Choose firm apples with smooth and shiny skin.

Store – Refrigerate in a plastic bag for up to 3 weeks.

Prepare – Eat whole or sliced. Leave on the skin for extra nutrients!

Did you know?

There are over 7,500 varieties of apples grown across the world. Some Wisconsin favorites include Gala, McIntosh, Golden Delicious, Honey Crisp, and Cortland.



Nutritious, Delicious, Wisconsin!
#WlHarvestoftheMonth



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Recipe of the month

Apple Cranberry Cole Slaw

Serves 6

12 oz Green cabbage, shredded and chilled

1/2 lb Apples, Gala, chopped skin on

1/3 C Cranberries, dried

3 1/2 tsp Lemon Juice, fresh

2 Tbsp Oil, olive or canola

3 1/2 tsp Vinegar, apple cider

1 Tbsp Honey

1 Tbsp local Apple Cider, fresh

Directions:

1. Shred cabbage and refrigerate. Drain before combining.
2. Chop apples, place apples in lemon juice. Toss to coat to prevent browning.
3. Combine cold, shredded drained cabbage, apples, and cranberries. Toss to mix. Set aside.
4. Combine vinegar, fresh apple cider, and honey. Whisk in oil to incorporate. Taste for seasonings, adjust ingredients if too tart or too sweet.
5. Add dressing to cabbage mixture, tossing to coat. Taste, adjust seasonings if needed.

Per serving: 150 calories, 4.7g fat, 7g protein, 29g carbohydrate, 2.8g fiber, 10.5mg sodium

Source: laxf2s.org

