

Reasons for the Seasons

Produce Tips for Placer & Nevada County Consumers

Local Season-
July thru
November



APPLES

Apples are one of the oldest and most versatile fruits. Over 7,000 varieties of apples have been identified; however, most consumers are only familiar with a few varieties. Placer and Nevada Counties' climate is ideal for growing many varieties of premium apples.

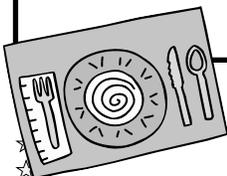
Nutrition Benefits

Apples contain almost no fat, sodium, or cholesterol.

- ◆ Are an excellent source of fiber
- ◆ Munching on an apple is also a tooth cleaner and a gum stimulator

Serving Tips

- ◆ Snack on cinnamon sprinkled apple slices.
- ◆ Add chopped apples to breakfast cereal or to cooked oatmeal.
- ◆ Dip apple slices in nut butter.
- ◆ For dessert, wrap cored apples in tin foil and bake in the oven until tender.
- ◆ Add sautéed apples to pancakes.
- ◆ Add chopped apples to muffins or bread.



Family Meal Ideas

- If your family has many conflicting schedules, try and find a time that you can all share a family meal together. Keep a calendar on the fridge to organize days and times that work for everyone.
- Start off with sharing a family meal at least once each week. It could be breakfast, lunch, dinner or even a snack or dessert.
- To keep family time as stress-free and fun as possible, keep meals simple which allows for easy preparation and clean-up.
- Not only can you share a family meal together, but you can also prepare a family meal together. Involve all family members in meal preparation and clean-up.

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Locally Grown Varieties

Gravenstein, Golden Delicious, King Jonathan, Stayman Winesap, Red Rome Beauty, Mutsu, Pippin, Arkansas Black, Granny Smith, Red Delicious, Empire, Fuji, McIntosh, and Gala.

Shopping Tips

- ✓ Mature apples are firm to the touch.
- ✓ Brownish specks on the skin are caused by the weather and may change the appearance, but not the flavor.
- ✓ If you are looking for apples to snack on, ripe and full-colored apples are best.
- ✓ Apples should be handled with care, since they bruise easily.



Handling and Storage

- ◆ Keep apples refrigerated to retain freshness and flavor. Apples won't stay fresh as long, if you keep them unrefrigerated in a fruit bowl.
- ◆ Keep apples in a bag or in the refrigerator crisper to prevent them from picking up other flavors.
- ◆ Wash apples right before eating to prevent rotting.
- ◆ Apples may last up to 3 months, if stored correctly.

Preparation

Before serving apples, wash apples under cold running water. Use a produce scrub brush or your hands to rub all the way around the apple.

- ◆ **Slicing:** Apples can be cut into sections. You can then use a small paring knife to carve out the seeds and remaining core from each apple slice. An apple slicer cores and slices an apple all in one easy step.
- ◆ **Cooking:** Apples can be sautéed with butter or butter alternative with cinnamon and raisins for breakfast, snack or a dinner side dish.
- ◆ **Baking:** Apples bake well in the oven. Certain varieties are better for baking: Jonathan, Golden Delicious, Gravenstein, Granny Smith, Rome Beauty, Stayman Winesap and Pippin.
- ◆ **Freezing:** Slice and dip apples in lemon juice to prevent browning. Place on cookie sheet in freezer. Once frozen transfer to freezer bags.

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SWEET POTATOES AND APPLES

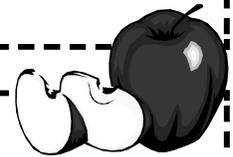
(6 SERVINGS)

INGREDIENTS:

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|--|-----------------------------------|
| 1-1/2 lbs. sweet potatoes, peeled and sliced | 3/4 teaspoon fresh ginger, grated |
| 3 apples (tart), unpeeled, cored, and sliced | 1/2 teaspoon cinnamon |
| 3/4 cup 100% orange juice | 1/4 teaspoon nutmeg |

DIRECTIONS:

1. In a medium saucepan, cook peeled and sliced potatoes in boiling water for 15 minutes, or until tender, then drain.
2. In a medium skillet, over high heat, heat apples and orange juice with ginger, cinnamon, and nutmeg.
3. Cover and cook until apples soften, 3 to 5 minutes. Uncover and reduce heat; simmer apples a few minutes longer.
4. Add sweet potatoes to apple mixture. Mix gently and heat thoroughly.



FRUITED CARROT COLESLAW

(6 SERVINGS)

INGREDIENTS:

- | | |
|--|---------------------------|
| 1 can (16 oz.) mixed fruit in 100% juice | 2 cups carrot, grated |
| 1 Tablespoon cornstarch | 2 cups red apple, chopped |
| Dash each of cinnamon | 1 cup celery, chopped |
| 1/4 cup non-fat plain yogurt | 1/4 cup raisins |
| | 2 cups cabbage, shredded |

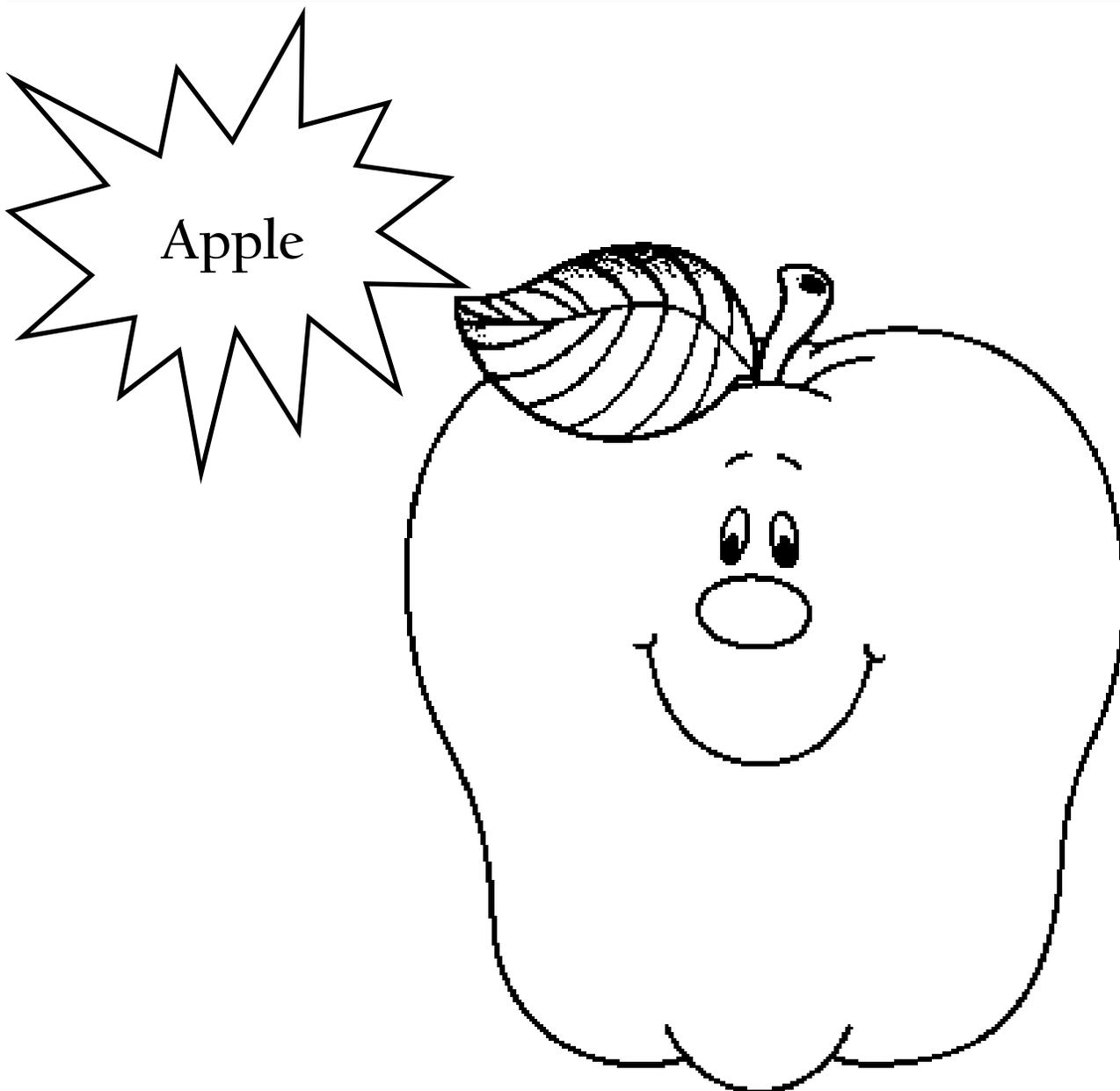
DIRECTIONS:

1. Drain mixed fruit, reserving all liquid.
2. In small saucepan, whisk together reserved liquid with cornstarch and cinnamon.
3. Stir over low heat until mixture thickens and boils; cool. Stir in yogurt.
4. Combine mixed fruit with carrot, apple, celery, and raisins.
5. Toss fruit with yogurt dressing, then mix in cabbage and serve.



Reasons for the Seasons

Coloring Activity Page for Kids



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