October is Apple Month

Nothing says “Welcome Fall” more than the fresh, local apples sold at farmers’ markets, farm stands and supermarkets. Many orchards allow families to pick their own apples. Consider spending a sunny, crisp fall day together with your family, harvesting local apples to enjoy at home!

To find U-Pick locations, visit https://www.applesfromny.com/find-apples/
Call ahead to make sure the farm’s U-Pick is open and how it is operating under COVID guidelines.

Some new varieties you may find include Zestar!, SnapDragon and RubyFrost.

Keep your apples crunchy and delicious by storing them in the crisper drawer of your refrigerator. The cool air of your refrigerator helps to preserve apples and keep them fresher than apples stored at room temperature. To help maintain your apples fresh flavor, store them away from foods with strong odors like onions. Aim also to separate your apples from veggies like broccoli, cauliflower, cabbage, cucumbers or leafy greens. Apples give off a gas that can damage these vegetables and cause them to spoil more quickly.

Apples make a delicious, on-the-go snack and are a great ‘fast food’ – just wash and eat! Try adding raw apples to salads and sandwiches, dipping slices in peanut butter for a well-rounded snack or cooking apples to make your own fresh applesauce.

In Season this Month: A variety of vegetables and fruits

Before the frost, look for green and yellow beans, corn, eggplant, lettuce, peppers, spinach, summer squash and tomatoes. All month look for beets, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, collard greens, kale, leeks, onions, parsnips, potatoes, pumpkins, winter squash, Swiss chard, turnips, apples, grapes, pears and watermelon.
The EFNEP program provides nutrition education to low-income families and children in counties throughout New York State.

A series of 8 classes is offered to adults in a variety of settings, including by Zoom and phone.

Workshop series include:

- Family Nutrition Education Curriculum
- Finding A Balance—Diabetes
- Healthy Children, Healthy Families
- Healthy Cents

If you or your organization are interested in scheduling classes, please call your local nutrition educator:

Gayle Patterson:
gsp72@cornell.edu
OR
Leann Hodge:
lmh292@cornell.edu
Cornell Cooperative Extension Of Cattaraugus County

716.699.2377

Potato Pals

Serving Size: 3/4 cup
Prep Time 10 minutes
Servings per recipe: 4

Ingredients:

1 pound of potatoes, washed and cut in cubes
1 tablespoon of vegetable oil
1/2 teaspoon salt
1/2 teaspoon garlic powder or 2 garlic cloves, minced

Directions:

1. Preheat oven to 400 degrees.
2. In a large bowl, stir together potatoes, oil, salt and garlic powder.
3. Lay potatoes out on a baking sheet.
4. Bake until potatoes are soft, about 20 minutes. With a pancake turner toss the potatoes a few times while cooking.
5. Refrigerate leftovers within 2 hours.

Nutrition Facts: Serving Size – 3/4 cup, 110 Calories, 3.5g Total Fat, 30 calories from fat, 27% calories from Fat, 0.5g Saturated Fat, 0g Trans Fat, 0mg Cholesterol, 300mg Sodium, 18g Total Carbohydrate, 2g Dietary Fiber, 1g Sugars, 2g Protein, 2% calcium, 4% iron, 0% Vitamin A, 15% Vitamin C

Source: www.foodhero.org - Oregon State University Extension Service, Family & Community Health