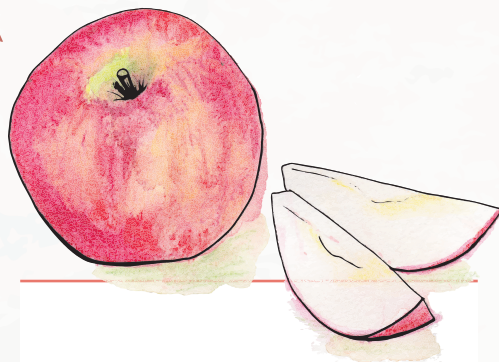


# APPLES



## FRESH APPLE SALSA

### Ingredients:

- 2 cups diced apples
- 1/2 cup diced red bell pepper
- 1/3 cup fresh lime juice
- 1/4 cup diced red onion
- 1/4 cup minced fresh cilantro
- 1 TBL honey
- 1/4 tsp salt
- 1/4 tsp freshly ground black pepper
- 1 jalapeño pepper, seeded and minced

### Directions:

Combine all ingredients in a bowl, and let stand for at least 30 minutes. Use this as a condiment on your favorite taco recipe, or serve alongside pork, chicken or rice dishes.

From: [www.myrecipes.com/recipe/fresh-apple-salsa](http://www.myrecipes.com/recipe/fresh-apple-salsa)

Our Nebraska Harvest of the Month item is apples! Apples in Nebraska are harvested from August to November, and if properly refrigerated, they can store for as long as 4 months! Some varieties are a hit when crunched into raw and others best baked with spices. Try adding thinly sliced apples to a sandwich, or add diced apples to a fresh salad.

## SELECTION, STORAGE & COOKING

- Stored properly, apples can last for months. Keep at about 32 degrees, 90% humidity, and in the dark.
- Apples release a natural gas called ethylene that triggers other fruits like bananas, avocados and peaches to ripen. To prevent rapid ripening, apples are best stored separately from other fruit.

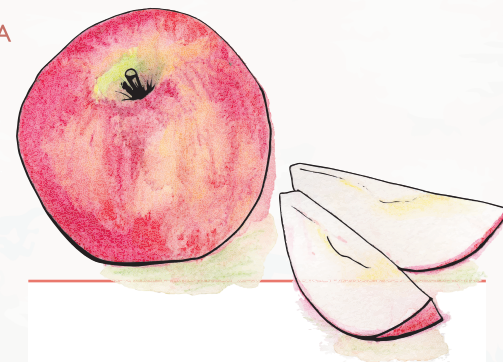
## NUTRITIONAL TIP

Apples are a great source of fiber, vitamin C and potassium. Most antioxidants and fiber are found in the skin of an apple.

## SEASONAL AVAILABILITY



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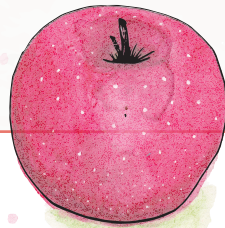
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# FUN WITH APPLES



## CONDUCT AN AT HOME APPLE TASTE TEST!

Grab two or more different types of apples and conduct an at home taste test!

1. Talk as a group about what senses you will use during this taste test (smell, sight, feeling, taste) and come up with a list of descriptors or adjectives to potentially describe the apples. An example list could be:

TART	LIGHT	SWEET	GRAINY
CRUNCHY	FRAGRANT	JUICY	DRY
ACIDIC	DELICATE	THICK-SKINNED	YELLOW

2. Cut apples into slices and put one variety per plate. Write the variety of apple on a piece of tape or paper and keep with the plate.
3. Have everyone in your group sample a slice and share what tastes, smells, sights, and feelings they are experiencing. Have a note taker write down everyone's responses on a sheet of paper.
4. Repeat for as many varieties as you have.
5. After you've tasted all varieties, go back and vote on your favorite.



## APPLE TRIVIA

Have you ever bobbed for apples? Apples float because they are less dense than water, in fact air makes up about \_\_\_\_ of an apple's volume.

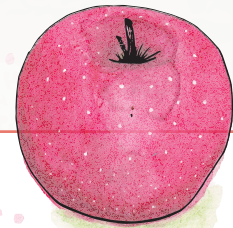
- A. 0%
- B. 25%
- C. 50%
- D. 75%

## APPLE TRIVIA

Don't toss the \_\_\_\_! Much of the fiber and antioxidants in apples are found in the \_\_\_\_ of the apple, so the next time you eat one, eat it \_\_\_\_ and all!

- A. Seeds
- B. Stem
- C. Peel

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