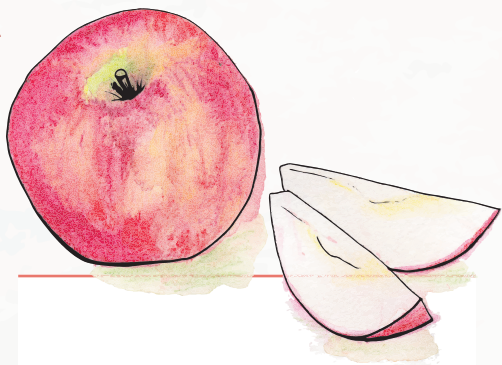


Harvest of the Month NEBRASKA

APPLES



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



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



LEARN MORE ABOUT HARVEST OF THE MONTH

www.education.ne.gov/ns/farm-to-school/harvest-of-the-month

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 |

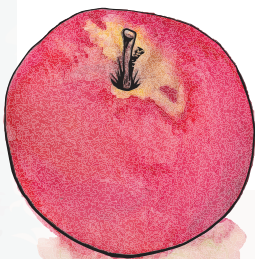
2. Cut apples into slices and put one variety per plate. Write the variety of apple on a piece of tape or paper and keep with the plate.
3. Have everyone in your group sample a slice and share what tastes, smells, sights, and feelings they are experiencing. Have a note taker write down everyone's responses 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