



# APPLE

## Healthy Serving Hints

- ◆ Dip apple slices in 1-2 tablespoons of almond, peanut, or nut butter of choice.
- ◆ Add thin slices to grilled cheese. This may sound odd but tastes good!
- ◆ Pair apples with cheese spread, cubes, or slices.
- ◆ Drizzle with honey.
- ◆ Skip the bread and slide a piece of turkey in between 2 apple slices.
- ◆ Add diced apple to salads or yogurt.
- ◆ Core an apple, sprinkle with cinnamon and microwave

## Home Grown History

Apple trees have been providing people with fruit for thousands of years. They are believed to have originated in the mountainous area of eastern Europe/southwestern Asia between what is now the Black and Caspian Seas.

Throughout human history, apples were cultivated and disseminated throughout various cultures. Apple cultivation reached England in the first century B.C. due to the spread of the Roman empire. Apple growing gained widespread popularity in 15th century Renaissance Italy. Eventually, France and England followed suit, and the fruit remained popular in Europe well into the 1800s, when European settlers brought apples with them to the Americas to share the cultivation and traditions.

The first U.S. apple trees were planted by pilgrims in the Massachusetts Bay Colony. In the early 1800s John Chapman, better known as Johnny Appleseed, traveled across the Ohio Valley carrying bags of apple seeds. As he ventured westward, he planted seeds and grew apple trees wherever he roamed to ensure that settlers living in the Western frontier would have nutritious apples to eat.



## Picking Produce

Firm fruits that are rich in color are best. To prevent spoilage, wait to wash until just before use. The color and type of apple will largely depend upon the desired flavor. Red and Golden Delicious are sweetest. Braeburn and Fuji are slightly tart. Granny Smith are best for cooking...think apple pie!

## Apple Cinnamon Oatmeal

Makes 4 servings

Ingredients:

- 1 apple, diced
- 2 Tbsp brown sugar
- 1 cup rolled oats
- $\frac{3}{4}$  milk
- 1 tsp ground cinnamon
- 2 cups water

Directions:

1. Boil water in saucepan and cook oats as directed on packaging.
2. While oats are cooking, heat apples and brown sugar in a saucepan on medium-low heat while stirring frequently until apples are softened.
3. Add apple mixture to cooked oats and stir in milk and cinnamon.
4. Serve immediately.

Recipe retrieved from <http://www.spicyspoonful.com>

## Fun Facts

- ◆ There are over 7,000 apple varieties grown across the world
- ◆ Only 100 varieties are grown commercially in the US and 10 varieties make up over 90% of the entire crop.
- ◆ The largest apple ever picked weighed over 3 pounds.
- ◆ Apples will float in water because they are 25% air.
- ◆ Apples were used as symbols of love in ancient Rome and Greece.



## Health Benefits

Amazing antioxidant benefits are one of the many when it comes to apples. Antioxidants are chemicals that can slow down or prevent damage to cells, as they are one of the first lines of defense when the body encounters certain harmful substances. These antioxidants are important for a healthy cardiovascular system – or more simply put, a healthy heart! Research shows that apples are closely linked to a lower risk of cancer, especially lung. Apples are also a good source of fiber, serving as the perfect snack to help you feel full longer. They even provide 14% of immune-boosting Vitamin C. Perhaps the old saying, “An apple a day keeps the doctor away,” is justified after all!

## How much fruit do I need?

Children 2-3 years	Children 4-8 years	Females 9-18 years	Females 19-30 years	Females 31 + years	Males 9-13 years	Males 14+ years
1 cup	1 to 1 ½ cups	1 ½ cups	2 cups	1 ½ cups	1 ½ cups	2 cups

The amount of fruit and vegetables you need to eat depends on age, sex, and level of physical activity. These are average recommended daily amounts for individuals who get less than 30 minutes per day of moderate physical activity. Individuals may require more or less than the recommend daily amounts depending on lifestyle and health conditions.



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