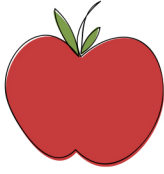


APPLE



COMMUNITYALLIANCE.EXTENSION.COLOSTATE.EDU

GROWING

Apples grow in every state in the U.S. and are handpicked from trees in the late summer and fall using ladders and buckets. They come in a variety of sizes, colors and tastes.



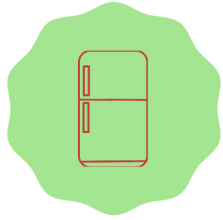
SELECTING

You should pick ripe apples that are firm, and are free of bruises, broken or shriveled skin and bug damage.



STORING

It is best to store your apples in a refrigerator. They can be stored for 4-6 weeks without going bad. Wash and cut off bruised areas before eating.



BODY

Apples are a good source of vitamins, minerals and fiber and do not contain fat, sodium or cholesterol. Consuming edible parts of the apple (except the seeds) provides the body with antioxidants and phytonutrients. Apples are a great fruit source. A healthy diet should contain at least 1-2 cups of fruit per day.



KITCHEN

You can enjoy apples by eating them raw, baking them, roasting them or by even making your own applesauce!



APPLE

DID YOU KNOW?

IN 1687, APPLES WERE FIRST BROUGHT TO AMERICA BY EUROPEAN SETTLERS.

PEANUT BUTTER APPLE WRAPS

Makes: 2 Servings

1 whole wheat tortilla (8 inch)
¼ cup peanut butter, reduced-fat
2 tablespoons granola cereal
½ apple, sliced (any variety of apple will work, just choose ones that are sweet and crisp)

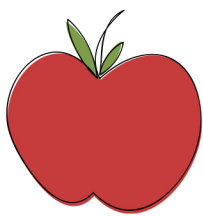
Directions

1. Lay tortilla flat and spread peanut butter over 2/3 of the tortilla leaving edges at sides
2. Sprinkle 2 tablespoons granola over peanut butter.
3. Wash and cut apples into small chunks and place them on top of the granola.
4. Fold over the edges of the tortilla and roll up "burrito style"
5. Eat and Enjoy.

Notes:

This recipe could use other apples - Golden Delicious, Granny Smith or Fuji; however, Red Delicious apples are the crispiest and their flavor balances the savory taste of the peanut butter. The combination of fruit, granola, and peanut butter makes this snack packed with protein, iron, fiber, and calcium; the whole wheat tortilla and reduced-fat peanut butter keep it lower in fat. Recipe from What's Cooking USDA Mixing Bowl

<https://whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/peanut-butter-and-apple-wraps>



For more educational resources go to tra.extension.colostate.edu or call 970.249.3935