



### How About Those Apples! Nutritious and Delicious.

The changing of leaves, the cooler temperatures and the picking of apples reminds us that Fall has arrived. This article provides nutrition tips about apples, how to purchase and store, and a delicious apple recipe.

#### Nutrition Tips:

- One medium apple has only 81 calories.
- Contains 4 grams of fiber, 15% of the recommended amount for adults.
- Rich in Vitamin C, potassium and the antioxidant, quercetin.
- Enjoy the peel for the fullest benefits of apples.

#### How to Pick and Store Apples:

- Choose apples that are firm with a fresh fragrance.
- Skins should be smooth with no bruises or soft spots.
- The coloring should be appropriate for the type of apple being picked.
- Some apples may have tan-colored areas on the skin known as "scald," which has no effect on flavor.
- Store in a plastic bag in the crisper drawer of the refrigerator and they should last for several weeks.

#### How to Increase Consumption:

- Eat fresh, and dip in peanut butter.
- Cook or microwave for quick baked apple.
- Drink apple juice or cider.
- Replace oil in recipes with applesauce for cakes, muffins, and pancakes.

#### Cinnamon Baked Apples

Makes about 6 cups  
 2 cups dried cranberries  
 1 ¼ cups coarsely chopped walnuts  
 1 cup packed brown sugar  
 2 tsp. ground cinnamon  
 6 tart apples, cored and chopped\*  
 1 cup water



In a large microwave-safe dish, combine all ingredients. Microwave at high 20 minutes or until apples are soft, stirring occasionally. May be served warm or cold; serve over ice cream, oatmeal, pancakes or enjoyed as is. \*Choose tart apples such as Gala, Macintosh or Granny Smith.\*  
 Per ½ cup serving: 280 calories, 8 g fat, 2 g protein, 52 g carbohydrate, 5 g fiber, 5 mg sodium

**This recipe is a Foot Steps to Health recipe and is 500 Club Approved.**

### Upcoming Events

The Foot Steps to Health Program is a collaboration with The Coulee Region Childhood Obesity Coalition, Festival Foods, Gundersen Lutheran-500 Club and Viterbo University. Footsteps to Health was created to help Coulee Region residents eat healthier by increasing their fruit and vegetable intake. From July 2009 to June 2010 visit the nutrition kiosk at Festival Foods for the featured monthly fruit or vegetable

&

Sample tasty, healthy ways to make fruit and vegetable dishes you and your family will love!

Recipes, cooking tips and storage information provided.

Dates and Times for the nutrition kiosks can be found at: <http://www.childhoodobesitycoalition.org/footsteps.htm>

For video demonstrations of the featured fruit and vegetable visit:

<http://www.gundluth.org/?id=3501&sid=1>



**Are you working towards eating more local foods? An easy place to start is by visiting your local apple orchards.**

#### Local Apple Orchards

**Bauer's Market:** 221 N 2nd St, La Crescent, MN 55947-1112. (507) 895-4583

**Ferguson's Morningside Orchard:** N17543 Grover Lane Galesville WI 54630. (608) 539-4239

**Ecker's Apple Farm:** WW27062 State Road 35 54Trempealeau, WI 54661. (608) 539-2652

**Leidel's Apple Stand:** 704 State Highway 16, La Crescent, MN. (507) 895-8221