

Brought to you by the Eastern Highlands Health District through a grant from the CT Department of Public Health for obesity prevention.

# The produce of the week is...

## Apples



You can find POW! info sheets on the EHHD website!

[www.ehhd.org](http://www.ehhd.org)

Look for

Produce of the Week

What fruit can be traced back to Roman and Egyptian times?

### APPLES!

- ◆ Choose apples that are firm with no soft spots. Avoid apples that are discolored for their variety.
- ◆ Keep apples in plastic bags in the refrigerator after purchasing to prevent further ripening. Apples should keep up to six weeks.
- ◆ Protect cut apples from oxidation by dipping them into a solution of one part citrus juice and three parts water.

Source: [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)

- Apples are a good source of Vitamin C.
- They contain no fat, cholesterol or sodium.
- A typical serving size is 1 medium apple, which contains about 80 calories.

### PICK YOUR OWN!

Apples are available year round in the grocery stores, but in the Fall you can pick your own at:

Shashok's Orchard  
392 Hampton Road  
Chaplin, CT 06235  
Phone: (860) 455-0297

Horse Listener  
317 Bebbington Road  
Ashford, CT 06278  
Phone: (860) 429-5336

Kollas Orchard  
41 New Road  
Tolland, CT 06084  
Phone: (860) 871-0120

Wright's Orchard  
271 South River Road  
Tolland, CT 06084  
Phone: 860-872-1665

## Count it out!

Keep track of the fruits and veggies that you eat each day by coloring in a different triangle piece every time you have a fruit or veggie. Try to eat a rainbow of colors and eat at least 5 servings of fruits or veggies each day.

Day 1



Day 3



Day 5



Day 6



Day 4



Day 2



Day 7





Eastern Highlands Health District

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# Try these delicious, nutritious and healthy recipes!



## Spicy Apple Filled Squash

### INGREDIENTS

- ♦ 1 acorn squash (about 1 lb.)
- ♦ 1 Golden Delicious apple, peeled, cored, and sliced
- ♦ 2 tsp. melted butter or margarine
- ♦ 2 tsp. brown sugar
- ♦ 1/8 tsp. cinnamon
- ♦ 1/8 tsp. nutmeg
- ♦ Dash ground cloves

### DIRECTIONS

1. Heat oven to 350 degrees F. Grease a 1-quart baking dish. Halve squash and remove seeds; cut into quarters. Place quarters, skin side up, in dish and cover; bake 30 minutes. Meanwhile, in medium bowl, combine apple, butter, brown sugar, cinnamon, nutmeg, and cloves.
  2. Turn cut sides of acorn squash up; top with apple mixture. Cover and bake 30 minutes longer or until apples are tender.
- ♦ Variations: Quick microwave version - Halve and seed squash; cut into quarters. Arrange quarters, cut side up, in microwave-safe baking dish. Microwave on high (100 percent) 6 to 7 minutes, rotating squash halfway through cooking time. Top squash with apple mixture, cover with vented plastic wrap and microwave on high 4 to 5 minutes or until apples are tender.

**Try apples with a piece of cheese, dipped in a little bit of honey or spread with a small amount of peanut butter.**

## Apple Dumplings

### INGREDIENTS

- ♦ 2 Tbsp firmly packed light brown sugar
- ♦ 1-1/2 tsp cinnamon
- ♦ 1 tsp cornstarch
- ♦ 1 tsp vanilla extract
- ♦ 6 small apples, peeled and cored
- ♦ 6 square 7-inch egg roll wrappers
- ♦ Non-stick cooking spray

### DIRECTIONS

Preheat the oven to 375°F. Spray six muffin cups with non-stick cooking spray. In a large bowl, combine the sugar, cinnamon, cornstarch, vanilla, and 1 Tbsp water. Roll peeled apples in the mixture until coated. Place one apple in the center of each egg roll wrapper. Bring the corners up to the top of the apple, pressing and folding to seal the edges. Place each dumpling in a muffin cup and lightly spray the tops with non-stick cooking spray. Bake until golden, about 20 minutes. Cool on a rack 15 minutes; serve warm.

Source for recipes: [www.allrecipes.com](http://www.allrecipes.com), [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)

**Caution: Make sure to try all of these recipes under the supervision of an adult and be careful of food allergies! Happy and healthy cooking!**