

# HARVEST OF THE MONTH NEWSLETTER OCTOBER 2023



## Apples are the Harvest of the Month!

### Add apples to your favorite family meals:

- Mix apple chunks into your hot cereal.
- Pair apple slices with cheese.
- Add thin apple slices to chicken salad or peanut butter sandwich.

*Make meals and memories together. It's a lesson kids will use for life.*

- Select** – Choose firm apples with smooth and shiny skin.
- Store** – Refrigerate in a plastic bag for up to 3 weeks.
- Prepare** – Eat whole or sliced. Leave on the skin for extra nutrients!

### Did you know?

There are over 7,500 varieties of apples grown across the world. Some Wisconsin favorites include Gala, McIntosh, Golden Delicious, Honey Crisp, and Cortland.



Nutritious, Delicious, Wisconsin!  
#WISharvestoftheMonth

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## Recipe of the month

### Fruit Salsa with Cinnamon Chips Serves 8

#### Fruit Salsa Ingredients:

- 1 apple, cored & chopped into small pieces.
- 1 cup fresh strawberries (chopped) or 1 (10 oz.) pkg. frozen (or any fruit will work)
- 2 kiwi, peeled & chopped
- ½ cup crushed pineapple, drained

#### Directions:

Combine all chopped fruit, chill.

#### Cinnamon Chips Ingredients:

- 8 (8 inch) whole wheat flour tortillas
- 1 tsp cinnamon mixed with 1/2 cup sugar
- Pan spray

#### Directions:

Spray tortillas slightly with pan spray. Sprinkle with cinnamon/sugar mixture. Cut each tortilla into eight wedges and place on a baking sheet. Bake 350° for 6 min or until crisp. Cool on a rack & store in airtight container. If stored, correctly, chips can be made at least one week in advance. Dip chips in salsa and eat.

Note: Air fryer method: Set for 350° Layer chips in single layer. Cook 7-9 minutes until lightly browned and crisp turning halfway.

Per serving: 225 calories, 5g fat, 3.5g protein, 42g carbohydrate, 5g fiber, 151mg sodium



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Coulee Region Farm to School is a partnership between UW-Madison Division of Extension, LaCrosse County Health Department, Mayo Clinic Health System–Franciscan Healthcare, Gundersen Health System, and the School Districts of Bangor, LaCrescent-Hokah, Holmen, LaCrosse, Onalaska, and West Salem.