Focus on Fall Foods

Did You Know?

- The apple tree originated in an area between the Caspian and the Black Sea.
- The pilgrims planted the first United States apple trees in the Massachusetts Bay Colony.
- Apples are fat, sodium, and cholesterol free.
- A medium apple is about 80 calories.
- Apples are a great source of the fiber pectin. One apple has five grams of fiber.
- Don’t peel your apple. Two-thirds of the fiber and lots of antioxidants are found in the peel.
- Apples ripen six to ten times faster at room temperature than if they were refrigerated.

Nutrition Nugget

Autumn is the perfect time to buy pomegranates, both for their powerhouse of nutrition and the fun adventure of peeling them. This super food harvested in September through December provides a powerhouse of heart healthy antioxidants, lycopene, potassium and fiber making it an excellent fall food choice.

Cooking School

To open and prepare a pomegranate, follow a few helpful steps to prevent the juice from staining your hand and clothes:

1. Rinse off the pomegranate under running water.
2. Cut off the top – the crown – and discard.
3. Score the outside skin or peel lengthwise.
4. Place the pomegranate in a large bowl of water.
5. While the fruit is underwater, begin to separate the outside skin and the white membrane.
6. Remove the seeds from the membrane. The seeds will naturally sink to the bottom of the bowl while the other pieces will float.
7. Use a colander to drain the seeds and continue to pull any white bits of membrane.

Family Play Time

AWESOME ACTIVITIES FOR THANKSGIVING DAY

Fill the Cornucopia – ask kids of all ages to find all sorts of hidden items – such as apples, mini pumpkins, small gourds and ornamental corn – to fill a cornucopia or basket on the Thanksgiving table.

Organize a Turkey Trot/Fun Run – everyone in the neighborhood can work up an appetite! Map out a course on your street or a nearby park. Cut out paper turkey shaped hats for the participants to wear. Ask each “trotter” to bring a can of food to be donated to the local food bank.

Have a board game tournament. Pick from the list of classic board games and play multiple rounds or even a few different games before crowning this year’s board game champion.

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**Nacho Potato Soup**

1 (15.5 oz.) package au gratin potatoes
1 (11 oz.) can whole kernel corn, drained
1 (10 oz.) can diced tomatoes & green chilies, undrained
2 cups skim milk
8 oz. cheddar or American cheese, cubed
Dash hot pepper sauce
2 cups water

In a 3-quart sauce pan, combine the contents of the au gratin potato package, corn, tomatoes and water. Mix well. Bring to a boil. Reduce heat, cover and simmer for 15 to 18 minutes or until potatoes are tender. Add milk, cheese and hot pepper sauce. Cook and stir over medium heat until cheese melts.

Makes 6 to 8 servings.

**Pumpkin Raisin Oatmeal**

1 tablespoon raisins or dried cranberries
¼ cup canned pumpkin
½ teaspoon pumpkin spice or cinnamon
½ cup oatmeal, uncooked
1 cup water or skim milk

Combine all ingredients in a 1½ quart microwave-safe dish. Microwave on high 3-4 minutes. Stir well and let set for a couple of minutes. Top with milk.

Variation: In place of canned pumpkin add cranberry sauce or other fruit puree such as apple sauce with dried apple chunks.

**What Can I Do Today?**

Make a commitment to eat more seasonal fruits and vegetables:
- They are naturally low in calories.
- They are high in vitamins and minerals, which help you feel energized.
- They provide fiber to help keep you full.
- They are healthy whether they are fresh, canned, dried, frozen or in 100% juice.
- They taste great!