

Health & Wellness October 2021

FOOD for Thought



It's Crunch Time!!

Join the state of North Carolina in celebrating National Farm to School & Early Care and Education Month by crunching into a locally grown apple on Wednesday, October 20, 2021 at noon. Participants of all ages are invited to crunch! Across North Carolina, kids and adults will be crunching an apple that is available from a local farm in October. This event is about uniting together to celebrate North Carolina agriculture, National Farm to School Month, apples grown by local farms and healthy eating! Apples are a delicious fruit that can come in all shapes, sizes and shades of reds, greens and yellows. Apples are a great source of fiber pectin with one apple having five grams of fiber. There is no wonder that they say "an apple a day keeps the doctor away". Many people will eat apples to help lower their cholesterol.

Two-thirds of the fiber and lots of antioxidants are found in the peel so don't peel your apple. Antioxidants help to reduce damage to cells, which trigger some diseases. Apples are delicious, easy to carry for snacking, low in calories, a natural mouth freshener and they are very inexpensive. Apple trees take 4-5 years to produce their first fruit and most apples are still picked by hand in the fall. Apple varieties range in size from a little larger than a cherry to as large as a grapefruit. Apples ripen six to ten times faster at room temperature than if they were refrigerated. Most of us eat our apples as fresh fruit with one-third being processed into apple products. One of the things you may not know is that apples can make other fruits or vegetables ripen faster, causing some of your produce to not last as long. Apples produce a gas called ethylene that causes ripening. Therefore, you should store your

apples separate from other produce so you don't lose your food to spoilage because it ripens so quickly. And don't forget that we are now hosting our Lunch N' Learn workshops in-person and virtually each month.

- October 5: Cholesterol (virtual workshop) Free
- October 19: Cholesterol (in-person workshop) \$5

To register or find more information on our programs, follow us on social media @persongranvillefcs



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Apple Pumpkin Tart

- 1 8-inch frozen pie crust, thawed
- 1 ½ cups pumpkin puree
- 3 medium apples, peeled, cored, diced
- ½ cup apple cider
- 2 Tbsp honey
- ½ cup sugar & ½ cup currants
- 2 eggs plus 2 egg whites, beaten
- 1 tsp cinnamon and ½ tsp salt
- 1/8 tsp nutmeg
- ½ tsp thyme & marjoram, each

Thaw crust and press into an 8-inch fluted tart pan. Preheat oven to 425 degrees. In a mixing bowl, combine all the tart ingredients and mix well. Scrape the filling into the prepared tart shell. Smooth evenly around the pan. Bake 15 minutes at 425 degrees, then reduce the heat to 350 degrees and continue to bake for 40 minutes.

Source - University of Illinois Extension. <https://web.extension.illinois.edu/apples>