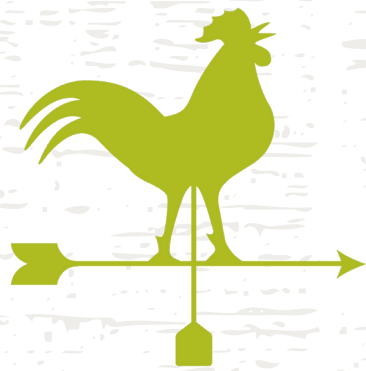


APPLES



ROGUE VALLEY FARM TO SCHOOL Harvest of the Month



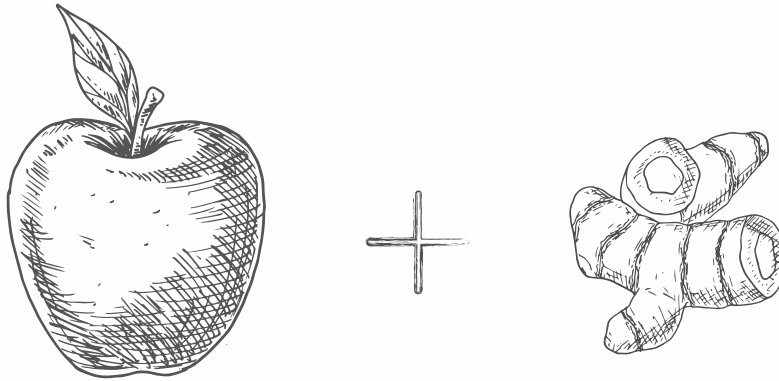
EAT THE PEEL!

Did you know that two-thirds of the fiber and lots of antioxidants are found in the apple peel? Antioxidants help to reduce damage to cells, which can trigger some diseases.

A raw apple with skin contains up to 332% more vitamin K, 142% more vitamin A, 115% more vitamin C, 20% more calcium and up to 19% more potassium than a peeled apple!

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Apple Ginger Smoothie



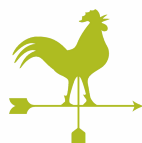
Cool down with this delicious and refreshing smoothie! Did you know that ginger has a very long history of use in various forms of traditional and alternative medicine? It's been used to aid digestion, reduce nausea, to help fight the flu and common cold and it may also help with weight loss! Drink up!

Ingredients:

- 1/2 apple, cored
- 1 Tbsp plain yogurt
- 1 tsp lemon juice
- 1 tsp maple syrup or honey
- 1/2 tsp grated ginger
- A few ice cubes
- A splash of water

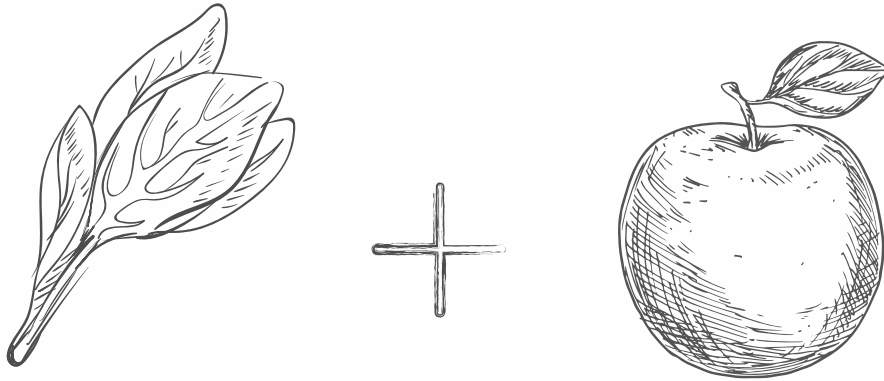
Instructions:

1. Combine all ingredients in a blender and puree until smooth. Add just enough water to get your smoothie to your desired thickness.



ROGUE VALLEY FARM TO SCHOOL
Harvest of the Month

Catalan Spinach with Apple



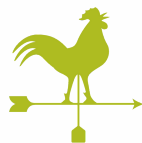
This recipe is adapted from a very simple, classic dish from Catalonia, a region in northeast Spain. If you want to make the traditional dish, add in some raisins and pine nuts!

Ingredients:

- 2 Tbsp olive oil
- 1 apple, cored and diced
- 1/2 chopped onion
- 1/4 cup mixed nuts, chopped finely
- 1 lb. spinach, cleaned and washed
- Salt to taste

Instructions:

1. Heat olive oil in a skillet.
2. Sauté onion and apple on medium heat until they are slightly browned.
3. Add nuts, stirring and shaking to toast a little, (about 5-7 mins).
4. Add spinach and cook until wilted, mixing with other ingredients.
5. Season with salt and serve!

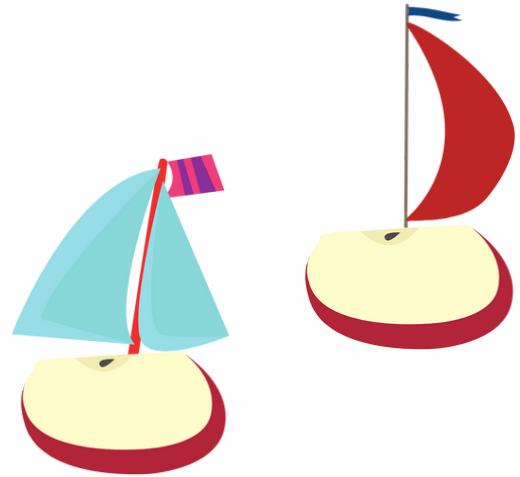


Do you think apples can float?

Let's find out by building our own apple boats!

What you'll need:

- Apples
- Knife (ask an adult for help with this!)
- Toothpicks
- Card stock paper
- Scissors
- Large plastic container
- Water



Here's what you'll do:

1. Ask an adult to help you cut the apples and card stock paper into different shapes and sizes.
2. With your adult still helping you, poke the toothpick through the card stock to create a sail.
3. Then put the toothpick into a piece of the apple to create the boat mast.
4. Fill your plastic container up with water and place your apple boat in the water.
5. Watch to see what happens to your boat!

Test different sized apples and different sized sails. You can also try using different colored apples and materials too. Do green apples float better than red apples? Does a sail made out of cardboard help keep the boat afloat or make it sink? Go ahead and try it out!

So, can apples float? They can! An apple is buoyant which means it has the ability to float. Do you know why? The apple has air inside and that air helps keep it from sinking completely!

