APPLE

In the orchard:

Ready to eat:

FUN FACTS:
- The are over 7 thousand different types of apples!
- It takes 36 apples to make 1 gallon of apple cider.
- An apple is 25% air, that’s why they float. Ever bobbed for apples?
Apple Nutrition Facts

Apples are a good source of Fiber to help digestion!
Apple Coleslaw

**Ingredients:**
- 2 cups of cabbage, washed and cut into fine shreds
- 1 carrot, medium sized and grated
- 1/2 green pepper, chopped
- 1 apple, cored and chopped
- 5 tablespoons plain yogurt, low-fat
- 1 tablespoon mayonnaise, low-fat
- 1 teaspoon lemon juice
- 1/4 teaspoon dill weed

**Directions**
1. Put the cabbage, carrot, green pepper, and apple in a large mixing bowl. Stir together.
2. Put the yogurt, mayonnaise, lemon juice, and dill weed in a small bowl. Stir together to make a dressing.
3. Pour the dressing over the salad. Toss to mix.
4. Add salt and pepper to taste.

Helpful Storage Tips:
- Place apples inside the crisper drawer in the fridge and lay a slightly dampened towel on top of the apples.
- “One bad apple rots the whole bunch.” Set aside apples with bruises or soft spots to eat immediately.

http://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/apple-coleslaw
USDA and Washington State University are equal opportunity providers and employers. This material was funded by USDA's Supplemental Nutrition Assistance Program. SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact: http://foodhelp.wa.gov or the Basic Food Program at: 1 877 501 2233.