

Eat Well, Play Hard Wayne County & New York Harvest for New York Kids Week

Enjoy the bounty from Wayne County!

Apples, Grapes and Pears

Apple Tips

- For the best buy, choose firm apples that have smooth, bright skins with no bruises
- To prepare fresh apples, rinse and remove stems
- To store fresh apples, put them in a plastic bag and keep in the refrigerator for 3-4 weeks
- Squeeze lemon juice over cut apples to keep them from turning brown
- Apples contain fiber which helps to keep you regular

Wayne County is the largest fruit growing county in NYS!
It ranks #2 nationally for the value of our apple crop

Using Pears

- Choose pears that are slightly soft around the stem and have no bruises
- Rinse well with running water before using
- To store fresh pears, refrigerate up to 5 days
- Pears also contain dietary fiber which helps keep your digestive tract running smoothly

Wayne County grows at least 25 varieties of apples!
-5 popular kinds are Gala, Empire, Cortland, McIntosh, and Honeycrisp
-Visit your local Farm Market today to find your favorite apple variety and try new ones!

Choosing Grapes

- Choose grapes that are firm and attached to the stem
- To prepare fresh, just rinse and remove from the stem
- Store grapes in the refrigerator to keep fresher longer
- Grapes are a good source of Vitamin C, helping your body stay strong



Autumn Fruit Salad

Makes 6 servings

Recipe courtesy of NYS Just Say Yes to Fruits and Vegetables Program

Ingredients:

- 2 1/2 cups seedless grapes
- 2 apples, cored and chopped
- 1 banana, peeled and sliced
- 2 cups chopped pears
- 1 cup lowfat vanilla yogurt
- 1 teaspoon cinnamon
- 1 tablespoon apple cider or juice
- 1/2 cup slivered almonds, optional

Directions:

1. Cut grapes in half
2. Combine grapes, apples, banana and pears in a medium bowl
1. In a small bowl, mix yogurt with cinnamon and apple cider or juice
1. Pour yogurt mixture and almonds over fruit and mix
2. Chill and serve
3. Refrigerate leftovers



Nutrition Info: Serving size is 1/6 of recipes, 270 cal, 10 g. fat, 7 g. pro, 6 g. fiber, 43 g. carbohydrate, 30 mg sodium



Quick Tips

-Low fat yogurt makes a great dip for fresh fruit. Your kids will love it too!

-Top hot cereal with a smiley face made of fruit. Try apples, strawberries, cherries or peaches

Fruits and vegetables are a good source of fiber, which may lower cholesterol. Studies have shown that people who eat more fruits and vegetables have lower levels of cholesterol.

