



Cleaning Apples



Did You Know?

16.7% or 1 in 6 of New Jersey residents face food insecurity. Food insecurity is "the state of being without reliable access to a sufficient quantity of affordable, nutritious food." If you are in need of food, you are not alone. Farmers Against Hunger works with over 70 community organizations serving those in need including food banks, soup kitchens and pantries.

Nutrition Facts: 1 Medium Apple, **Protein:** 0.5g, **Fat:** 0.3g, **Carbohydrates:** 25g, **Fiber:** 4.4g, **Sugar:** 19g, **Calcium:** 11mg, **Magnesium:** 9mg, **Potassium:** 195mg, **Vitamin C:** 8.4mg

Source: USDA National Nutrient Database for Standard Reference; release 27

Recipe: *Apple Crisp*

Season: *Fall/Winter*

Ingredients: 4 Tbsp. butter, softened, 2 Tbsp. vegetable oil, 1 Cup brown sugar, ½ Cup finely chopped nuts (pecans, almonds or walnuts), ½ tsp. ground cinnamon, ½ Cup flour, ½ Cup rolled oats, pinch of salt, 1 Tbsp. lemon juice + ½ tsp. lemon zest, ¼ Cup white sugar, 3 pounds apples (combination of sweet & tart)

Instructions: 1. Pre-heat oven to 375 degrees. 2. In a medium bowl, beat butter, oil and brown sugar with an electric mixer or fork until well-combined, about a minute. 3. Stir in the nuts, cinnamon, flour, oats and salt until chunks form. 4. Toss the apples with the white sugar, lemon juice and zest in an 8x8 baking dish. Evenly crumble the topping over the fruit. Bake 30 to 40 minutes or until golden and bubbly.

Fun Facts:

- ★ Apples are the most widely grown tree fruit.
- ★ The apple tree originated in Central Asia.
- ★ Honey bees are commonly used to pollinate apple trees.
- ★ Apple trees blossom in Spring with fruit maturing in fall.
- ★ It is believed that the phrase "An apple a day keeps the doctor away" originated in Wales in the 19th century.

Source: sciencekids.co.nz/sciencefacts/food/apples.html

For more information on **Farmers Against Hunger** and **NJ Agricultural Society**,
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