

# FAMILY WELLNESS NEWSLETTER

From Healthy YOUba

## Harvest of the Month: Apples

Storing and Cooking:

- Apples stay fresh for 5-7 days at room temperature or 2-3 weeks in the refrigerator
- Refrigerate unwashed apples in a plastic bag with holes
- Use lemon juice to keep sliced apples from turning brown
- Cook and mash to make applesauce
- Bake in oven for dessert



Harvest of Month Newsletters: [Educator](#) and [Family](#).

### Tasty Recipe Corner

With cooler mornings its starting to feel like Fall. [Apple Oatmeal Crisp](#) is a tasty Fall treat!

Complete your fruit servings with this [Apple Turkey Cyro](#) for a tasty, last minute dinner.

Did you know?

At one time there were more than 16,000 types of apples grown in the United States, with flavors ranging from tart to sweet.

For more info visit: [Discover Foods](#).



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