

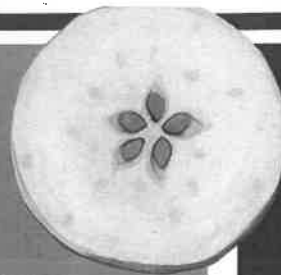
Harvest
of the
Month

APPLES

FUN FACTS

Apples are one of the oldest and most widely cultivated tree fruits. The apple harvest in Maine begins in August and is in full swing from early September to late October. There are over 100 varieties of apples currently grown in Maine, but most farms grow about 20 to 30 different varieties. McIntosh is the most commonly grown variety in New England. Two lesser-known varieties of apples, Black Oxford and Brock, originated in Maine

SOURCES: Visual Food Encyclopedia, Maineapples.org



Apples are a good source of potassium and vitamin C. They also contain pectin, which helps regulate blood sugar and cholesterol. Since most of an apple's nutrients are concentrated right under the skin, it's best to eat apples with their peels still on.

NUTRITION

RECIPE: APPLE CRANBERRY SALAD

YIELD: 60 SERVINGS

INGREDIENTS

10 heads of lettuce (about 100 cups)
20 apples (medium, sliced)
5 cups walnuts (chopped)

10 cups dried cranberries
5 cups green onion (sliced)
7 1/2 cups vinaigrette dressing

PREPARATION

1. Toss lettuce, apples, walnuts, cranberries, and onions in a large bowl.
2. Add dressing; toss to coat. Serve immediately.

SOURCE: USDA Mixing Bowl



MEAL PATTERN CONTRIBUTION

1/2 cup fruit
3/4 cup vegetable
1/2 oz M/MA

RECIPE: APPLE CHEDDAR BREAKFAST SANDWICH

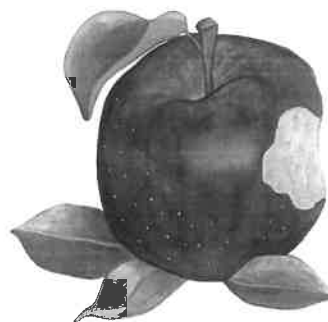
YIELD: 50 SERVINGS

INGREDIENTS

100 frozen whole grain waffles (1 oz each)
2 1/2 lbs apples, cored and sliced
6 1/2 lbs cheddar cheese
3 cups orange marmalade
2 cups butter or margarine, melted

PREPARATION

1. Preheat oven to 375°F.
2. Brush outsides of waffles with melted butter.
3. Layer sandwiches onto the unbuttered side as follows: 1 oz cheddar cheese, approx. 1/4 cup apple slices, 1 oz cheddar cheese.
4. Spread 2 Tbsp of orange marmalade on unbuttered side of second waffle and place marmalade down to top the sandwich.
5. Bake on sheet pan for 7-10 minutes until crisp and cheese is melted.



MEAL PATTERN CONTRIBUTION

2 oz whole grain
1/4 cup fruit
2 oz M/MA

Recipe provided by South Portland Farm to School Cook-off Team

