

NUTRITION To Go

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Nutrition To Go is written and edited by Monica Davis, RDN



FOOD PANTRY

Produce Spotlight: Apples

Apple Season is in Full Swing! In fact, early varieties have been available since July. The Charlottesville area is home many orchards and we are fortunate to be able to pass many different varieties on to you in your produce bags. Many of the varieties in our area have been staples since colonial times. The Albemarle Pippin dates to Thomas Jefferson and the Rambo (an early harvest) has been rumored to be the variety planted by Johnny Appleseed across the US.

Apples

- ✓ Cholesterol-Free
- ✓ Fat-Free
- ✓ Good Source of Fiber
- ✓ Sodium-Free

A good source of vitamins, apples provide 14% of your daily recommended vitamin C intake

0.3G
FAT

95
CALORIES

4.4G
FIBER

0.5G
PROTEIN

verywell

(per medium apple)

25G
CARBS

How to Store Apples Successfully

Apples that keep well generally are harder and have thicker skins. Softer apples will bruise more easily, which puts them at risk for rotting in storage. Most often the later an apple is harvested, the better they will hold.

It's critical to get the temperature right when you're storing apples. You can't freeze the fruit, but you want your storage area to be as cold as possible without dropping below the freezing mark—around 32 to 34 degrees. Also, keep the storage area as dark as you can. A refrigerator is best for this, but often a basement will work almost as well.

High humidity will help to keep your apples fresher, but don't let the fruit get wet or it will rot.

Before putting the apples into storage, you should sort through them and choose the least-ripe fruit to store long-term (use the others more quickly). Don't store any fruit that's bruised or that has broken skin.

Also, remember that apples sweeten over time. If there's a variety that's too tart for you right off the tree, try it again after it's been stored for a while—you might find you like it much better. *(adapted from Spruce Eats)*

Upside-down Apple Pie

The perfect fresh dessert!

Serves 8

Ingredients

- 6 cups peeled and sliced apples; sprinkled with 1 tablespoon sugar and 1/4 teaspoon cinnamon
- 1 stick butter, melted and cooled
- 1 cup sugar (less if desired)
- 1 cup flour
- 1 egg

Instructions

1. Pile sliced apples into 9" pie plate
2. Mix melted butter, sugar, flour and egg until just combined. Spread over apples.
3. Bake at 350 degrees for 40-50 minutes.

Interesting Fact!

Ginger Gold is famous as the apple that Hurricane Camille brought forth. Camille brought floods to Nelson County, Virginia in 1969, and the orchards of Clyde and Frances "Ginger" Harvey were washed out. When surveying the damage, Harvey found a new apple tree that he didn't recognize. The variety was eventually named after Clyde Harvey's wife. It is the first yellow apple to ripen in the fall!

From Wikipedia

4 Steps to Food Safety: How do you prevent food poisoning?

Did you know that 1 in 6 Americans will get sick from food poisoning this year alone? Following four simple steps - clean, separate, cook and, chill - can help keep your family safe from food poisoning at home.

1 - Clean:

Wash hands, utensils, and surfaces often.

Wash surfaces and utensils after each use.

Wash dish cloths often in the hot cycle of your washing machine.

Wash fruits and vegetables, but not meat, poultry or eggs.

2 - Separate:

Don't cross contaminate! Use separate cutting boards and plates for different foods.

Keep raw meat, poultry, seafood in sealed plastic bags.

Freeze meats if not using within a few days.

3 - Cook:

Food is safely cooked when the internal temperature is high enough to kill germs. Use a food thermometer to check that your food is safe.

Cook red meats and fish to 140°; Cook ground meats, poultry, eggs and microwaved foods to 165°

4 - Chill:

Refrigerate perishable foods within 2 hours.

Your refrigerator should be set to 40° F or below and your freezer to 0° F or below.

See www.foodsafety.gov for more information!

Loaves & Fishes



FOOD PANTRY

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Stovetop or Slow Cooker Applesauce

Ingredients

- 3 pounds apples, peeled and cut into 1-inch chunks (mix apple varieties if desired)
- 1 tsp ground cinnamon (optional)
- 1/2 or 1 cup of water or apple juice (1/2 cup for slow cooker, 1 cup for stovetop)
- 1/4 - 1/2 cup sugar (optional)

Instructions

1. Place apples and liquid in crock pot or stove top pan—stir to combine
2. Slow Cooker: Cover with lid and heat on high for 3-4 hours until apples are softened
3. Stovetop: Heat on high and bring to boil. Reduce the heat to low and simmer covered for approximately 20-30 minutes or until the apples are very tender. Stir frequently to ensure the apples don't stick to the bottom of the pot. You can add more liquid if necessary.
4. Add sugar and cinnamon if desired.
5. Mash with fork or potato masher, puree in food processor or with an immersion blender. Makes 10-4oz servings

Ask Monica

Q: What's the difference between Baking apples and Eating apples?

A: There are no hard and fast rules, but generally Baking apples hold up better after heating (Granny Smith, Cortland, Braeburn, Honeycrisp, Golden Delicious, Empire)

★ Try mixing varieties for a more complex flavor!