



Massachusetts Farm to School
Harvest of the Month for January 2015

Eat it, bake it, drink it, pick it...

APPLE!



The many forms of apple:



“An apple a day keeps the doctor away”

Difference between apple, apple sauce, and drinking apple juice

1 medium apple w/ skin: 95 calories, 25 grams carbohydrate, 4.4 grams fiber



Applesauce, ½ cup: 97 calories, 25 g carbohydrate, 1.5 grams fiber



Apple juice, unsweetened, 1 cup: 114 calories, 28 grams carbohydrate, 0.5 grams fiber



**This is no ordinary apple!!
It's a genetically modified apple
that never browns! Take a bite!**



CMOR 2012



Apples @ breakfast



“Apples” in Snack Foods





But first... let me take an apple
selfie

