

South Carolina



Farm



School

NOVEMBER



DESCRIPTION

Apples, a member of the rose family, are a white-fleshed fruit with red, yellow, green, or mixed outer covering.

South Carolina grows 18 different types of apples.

South Carolina grown apples are grown in the central and northern parts of the state.

Best eaten raw, apples can either be tart or sweet.

Information from:

<http://www.clemson.edu/extension/hgic/plants/pdf/hgic1350.pdf>

<http://www.goodreads.com/quotes/tag/apples>

<http://www.whfoods.com/genpage.php?tname=foodspice&dbid=15#purchasequalities>

http://consumerrecipe.conagrafoods.com/uploadedimages/img_6062_3886.jpg

<http://beaut.ie/wp-content/uploads/2012/10/apples.jpg>

Palmetto Pick of the Month: APPLES

HISTORICAL FACTS

Apples originated in Eastern Europe and Southwest Asia. There are 7,000 varieties of apples today. In the 1800's, Johnny Appleseed (Johnny Chapman) walked 100,000 square miles planting apple seeds for generations of settlers.

HEALTH BENEFITS

Eating apples can naturally lower blood sugar, asthma symptoms, and total cholesterol.

HARVEST TIPS

When harvesting apples, they should be pulled from the spur by pulling up and out while rotating slightly. Firmly place your index finger where the stem and spur connect to prevent the spur from breaking. Always pick apples with the stems attached to the fruit: those apples will last longer.



QUOTE

"It's unsettling to meet people who don't eat apples."

— Aimee Bender,
The Color Master: Stories

PALMETTO PICK OF THE MONTH SNACK

Dip your apples of any kind in nut butter for a filling and satisfying snack! Use a flavored cream cheese as a substitute!



SC Farm to School put together a harvest of the month program called *Palmetto Pick of the Month*.