



SNAP-Ed

Apple Corn Chili

Find this recipe and more at CelebrateYourPlate.org/recipes/apple-corn-chili

October 2018



Produce Spotlight: Red Apples

Peak Season: August-November

Ripeness: select firm apples that are free from bruises.

How to clean: rinse under cold water and scrub with a vegetable scrub brush.

Store: place apples in the refrigerator in a plastic bag with holes in it or in the crisper drawer and cover with a damp paper towel.



SNAP-Ed Snapshot

In Lucas County, Program Coordinator Suzanne, assisted 275 SNAP-eligible persons in navigating through their local Farmer's Market! With the help of Celebrate Your Plate's Farmers Market Toolkit, shoppers felt more confident in the produce they picked out for their families.



Cooking Tip

Try this trick for peeling garlic: instead of peeling it by hand, smash your garlic cloves quickly with the side of a large knife, or between two cutting boards. The paper skin comes completely off, without the work of peeling!