



October 2023



Apple Oatmeal Muffins

Find this recipe and more healthy, low-cost meal ideas at CelebrateYourPlate.org



What's in Season: October

Apple
Kale
Pumpkins
Turnips
Winter Squash



Featured Produce: Apples

Peak Season: Fall

Selection: Pick firm, shiny, smooth skinned apples

How to Prepare: Add apples to a salad, baked goods, or serve sliced

Storage: Store fresh apples for up to three weeks in a refrigerator (best results in the crisper drawer)



The Great Apple Crunch

Join us on October 12th to celebrate healthy eating and farm to institution by purchasing and crunching into locally grown apples.

Let us know what type of apples you'll be crunching!

CelebrateYourPlate.org

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