

Harvest of the Month



APPLES



TASTE - MAKE - LEARN

The Humboldt County Office of Education put this kit together so you can do Harvest of the Month with your family!

1. **TASTE** an apple on its own.
2. **MAKE** a dish with apples using the recipe and ingredients provided.
3. **LEARN** about apples with the information below.

Fun Facts

- Apples are in the rose family, and are related to strawberries, pears, plums, and of course, roses!
- It takes the energy from around 50 leaves to produce one apple.
- Fresh apples float because 25% of their volume is air. Try it!
- About 2,500 varieties of apples are grown in the United States, and more than 7,500 are grown worldwide.
- Apples contain lots of fiber which helps keep energy levels steady!

Local Connection



The Clendenen family has been growing apples for more than 100 years! They harvest over 50 tons of apples at their farm in Fortuna each year from August through December.



HUMBOLDT COUNTY OFFICE OF EDUCATION

Nutrition Programs & Services



Question about CalFresh? Call the Eureka Call Center! It is open Monday through Friday, 7:30 am to 5:30 pm. Use the call back feature to avoid waiting on hold! 1-877-410-8809.