



The Geneva School

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APPLES

Today students in grades 1-6 had a chance to taste apples, including homemade applesauce and an apple salad. You have heard said, "An apple a day keeps the doctor away," and there is good reason. This commonly available fruit is packed with a



long list of health benefits. Apples are a good source of insoluble fiber (5 grams for a medium size), helping to keep a healthy digestive tract. Good for your heart, eating a whole apple regularly has been shown to reduce total cholesterol and LDL cholesterol levels and helps control weight. The many different phytonutrients in an apple help to regulate blood sugar levels through a variety of mechanisms, and apples have been linked to a reduction in specific cancers, like lung and colon cancer. A high concentration of the nutritional benefits come from the skin of the apple, so don't toss it. Buy organic apples or wash apples thoroughly to remove pesticide residues. Even if you peel the skin for homemade applesauce, snack on the peels instead of throwing them out.

An apple's nutrients can be reduced through commercial processing, so try making this delicious homemade applesauce. Enjoy making this easy, colorful, chopped apple salad. Get your children involved and make a big batch for lunches for the week, afternoon snacks, or to enjoy together around the family dinner table. Enjoy sampling the many different apple varieties, exploring the many colors and textures available this fall and throughout the year.

Homemade Applesauce

- 3 pounds golden delicious apples
- 1/2 cup brown sugar
- 2 Tbsp. butter
- 1-2 tsp. cinnamon
- 1/4 tsp. nutmeg, cloves, and/or allspice
- Peel apples, then thinly slice into a large saucepan
- Add sugar, butter, and spices and cook over medium to medium-low heat until apples fall apart and easily mash with a fork (1 to 1 1/2 hours)

Serves 4-6, serve warm or cold

Colorful Apple Salad

- 3 apples; 1 red, 1 yellow, 1 green
- 1 bunch of red seedless grapes
- 6 oz. vanilla yogurt
- Wash apples well, then chop apples, keeping skin on; place in bowl
- Wash and cut grapes in half, adding to apples in bowl
- Add yogurt to bowl and toss to coat apples and grapes

Serves 6

Thank you to our parent volunteers who have worked with TGS Nurse's Clinic to make today's event a success.