



LOCAL FOODS FOR GROWING MINDS

**FEED  
OUR  
FUTURE**

## RECIPE CARD

Make this dish. Make an impact.

When you choose to buy, prepare and eat fresh, local foods, it's better for you and your community! What will you make today? Cook & share with #FeedOurFuture.



## Ohio Grown Apple

### Featured Item: Apple

Serving Size: 1 each • Number of Servings: 4

#### Fun Facts:

- Apples float because 25% of their volume is made up by air.
- There are over 7,500 varieties of apples grown around the world, but most grocery stores only carry the top five.

#### Try It!

- What color do you like better – red or green?
- Listen to the sounds different apples make as you bite into them.

### INGREDIENTS

- 4 Apple, raw with skin

### DIRECTIONS

1. Enjoy!

Source: Pisanick Partners, LLC