



FEED OUR FUTURE[®]
Local Foods for Growing Minds



HOME RECIPE

Ohio Apple

Featured Item: Apples

Serving Size: 1 each • Yield 4

Fun Facts:

Try not to peel your apple. All of the fiber and nutrients are in the skin!

Try It!

Listen to the sounds different apples make as you bite into them.

INGREDIENTS -

4 Apples, Raw with Skin



DIRECTIONS

1. Enjoy!

NUTRITION FACTS

Calories: 94
Total Fat: 0 g
 Saturated Fat: 0 g
 Trans Fat: 0 g
Cholesterol: 0 mg
Sodium: 2 mg
Total Carbohydrate: 25 g
 Dietary Fiber: 5 g
 Total Sugars: 19 g
Protein: 0 g



Scan the code to learn more about Harvest of the Month.

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!

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Recipe and nutritional info provided by our partner, Pisanick Partners LLC

Email ohiofeedourfuture@gmail.com for full nutrition facts.



Apple Crisp

Featured Item: Apples
Serving Size: 1/2 cup • Yield 12

Fun Facts:
Apples float because 25% of their volume is made up by air.

Try It!
Apples like Honeycrisp, Braeburn, Winesap, and Granny Smith are all good for baking.

INGREDIENTS

- 9** Apples, raw, Local
- 1 1/2 cups** Applesauce, unsweetened
- 1 1/2 teaspoons** Cornstarch
- 1/4 cup** Whole Wheat Flour
- 1/4 cup** Oats, old fashioned
- 3 tablespoons** Brown Sugar
- 3 tablespoons** Butter, unsalted



DIRECTIONS

1. Preheat oven to 350°F.
2. Peel and slice apples into bite-sized pieces.
3. In a bowl, mix together the apples, applesauce, and cornstarch. Spread into a glass pan.
4. In another bowl, mix together oats, flour, and brown sugar.
5. Melt butter.
6. Pour butter into oat/flour/sugar mixture and stir to make a crumble.
7. Spread crumble on top of apple mix.
8. Bake, covered, for 30 minutes. Remove cover and finish baking uncovered for about 10 minutes, until the topping is crisp.

NUTRITION FACTS

Calories: 157
Total Fat: 4 g
 Saturated Fat: 2 g
 Trans Fat: 0 g
Cholesterol: 10 mg
Sodium: 2 mg
Total Carbohydrate: 31 g
 Dietary Fiber: 4 g
 Total Sugars: 19 g
Protein: 2 g



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Pork Carnitas Bowl with Local Apple Chutney

Featured Item: Apples
Serving Size: 1 bowl • Yield 4

Fun Facts:
Apple trees take 3 to 4 years to produce their first fruit.

Try It!
Cut up pieces of apple and put them on your oatmeal for a sweet addition.

INGREDIENTS

14 ounces	Pulled Pork
4	Cornbread, mini loaves
1 1/3 teaspoons	Butter, unsalted
1/3 cup	Onion, chopped
1 1/3 cups	Apples, Local, chopped
1 1/3 tablespoons	Brown Sugar
1/2 teaspoon	Ground Cinnamon
1/4 teaspoon	Allspice
1 tablespoon	Apple Cider Vinegar
1/2	Orange



DIRECTIONS

1. Preheat oven to 350°F.
2. Peel and chop apples. Dice the onions. Zest the orange, then juice.
3. Set a saucepan over medium-low heat. Add the butter. Once melted, add onions and cook for 3-5 minutes until they are clear.
4. Add the peeled and chopped apples, brown sugar, cinnamon, allspice, vinegar, orange zest, and juice. Stir. Turn up the heat and bring to a simmer. Turn down to low and cover. Cook for 40 minutes. Chutney should look like applesauce when it is done.
5. Bake pork in over, covered, for 30 minutes.
6. Place 4 ounces of pork in a bowl and top with 1/4 cup chutney. Serve with a cornbread loaf.

NUTRITION FACTS

Calories: 250
Total Fat: 23 g
 Saturated Fat: 7 g
 Trans Fat: 0 g
Cholesterol: 80 mg
Sodium: 296 mg
Total Carbohydrate: 58 g
 Dietary Fiber: 3 g
 Total Sugars: 42 g
Protein: 20 g



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