

FALL HARVEST

FARM TO SCHOOL NOVEMBER NEWS

FEATURING: APPLES!

During October, Farm to School hosted clubs and taste tests At Abia Judd featuring apples! Students loved them and learned so much about growing and harvesting them.

NUTRITION:

Apples are underrated superfoods that can do a lot of good for your body. Pectin in the apple skin can help as an anti-inflammatory! Quercetin can help reduce cholesterol and gives your body needed fiber.

Fun Fact:

In the US, there are over 2,500 different varieties of apples grown! PUSD has apple trees at Abia Judd and Lincoln!

HOW TO PREPARE:

For the most nutrition, keep skin on. Slice fruit and take out and discard the seeds.

Homemade Applesauce:
Combine cinnamon, brown sugar, lemon juice, apple juice and apples into a pot. Boil over medium for 30 min. Blend or puree entire contents of the pot until desired consistency

FARM TO SCHOOL IS
PROUD TO BE ACTIVE AT
EVERY SCHOOL IN PUSD!

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NEWS AND ACTIVITIES