



# Taste Washington Day

WEDNESDAY  
OCTOBER 8

**Taste Washington Day** highlights delicious, locally grown foods.

Welcome to **Taste Washington Day**! Everyone can participate in their own way, whether at schools, food banks, backpack programs, with your family, and more!

Here are a few fun ways to participate:

- ▶ Highlight Washington grown food in meals on October 8th
- ▶ Enjoy this handout full of tips, trivia, and facts about apples
- ▶ Share a recipe you love that includes Washington grown foods
- ▶ Buy ingredients directly from a local farm or farmers market
- ▶ Have a local food taste test
- ▶ Feature other activities or resources about Washington food or agriculture
- ▶ Join the Washington Apple Crunch!

## Washington Apple **CRUNCH!**

**12:00 pm • October 8**

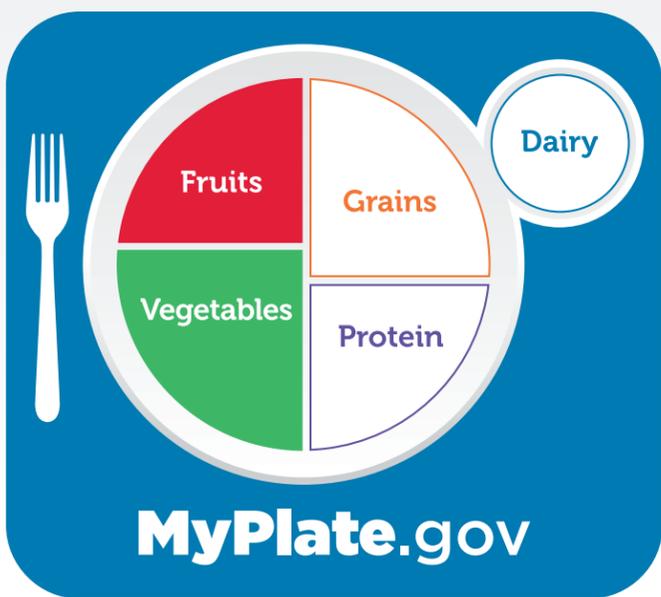
Join students across the state in taking a bite of apple at noon.

- Make it a classroom or cafeteria activity, or a competition to see which class or grade can get more crunches!
- Share your apple crunch photos on social media with #TasteWADay, #WAapplecrunch, and #WaFarmToSchool
- Visit the WSDA website ▶ to learn more



# A Bite of NUTRITION

- ▶ Apples are a great source of fiber, vitamin C, potassium, and antioxidants.
- ▶ Fiber helps us feel full and helps with digestion.
- ▶ Red fruits and vegetables help keep our heart healthy!
- ▶ Try filling half your plate with fruits and veggies.



**DID YOU KNOW?**

*If you put all the apples picked in one year in Washington State side by side, they would circle the Earth 29 times!*

*All of the 10–12 billion apples picked in Washington State each year are picked by hand.*



## Apple Math

- Each year, over 100 million boxes of apples are harvested in Washington State.
- Each box is about 40 pounds.
- How many pounds of apples are harvested in Washington each year?



# NOT YOUR EVERYDAY APPLES

## Ingredients

- 3 apples
- ½ cup raisins
- 2 teaspoons butter, softened
- 2 teaspoons brown sugar
- ¼ teaspoon cinnamon

## Directions

1. Preheat oven to 400 degrees.
2. Wash the apples and chop them into small pieces.
3. In a bowl, mix apples, raisins, butter, sugar, and cinnamon.
4. Place the mixture on a baking dish. Cover loosely with foil and bake for 20 minutes.
5. Let cool slightly and enjoy!

## → KIDS CAN ←

Help pick out apples at the store.

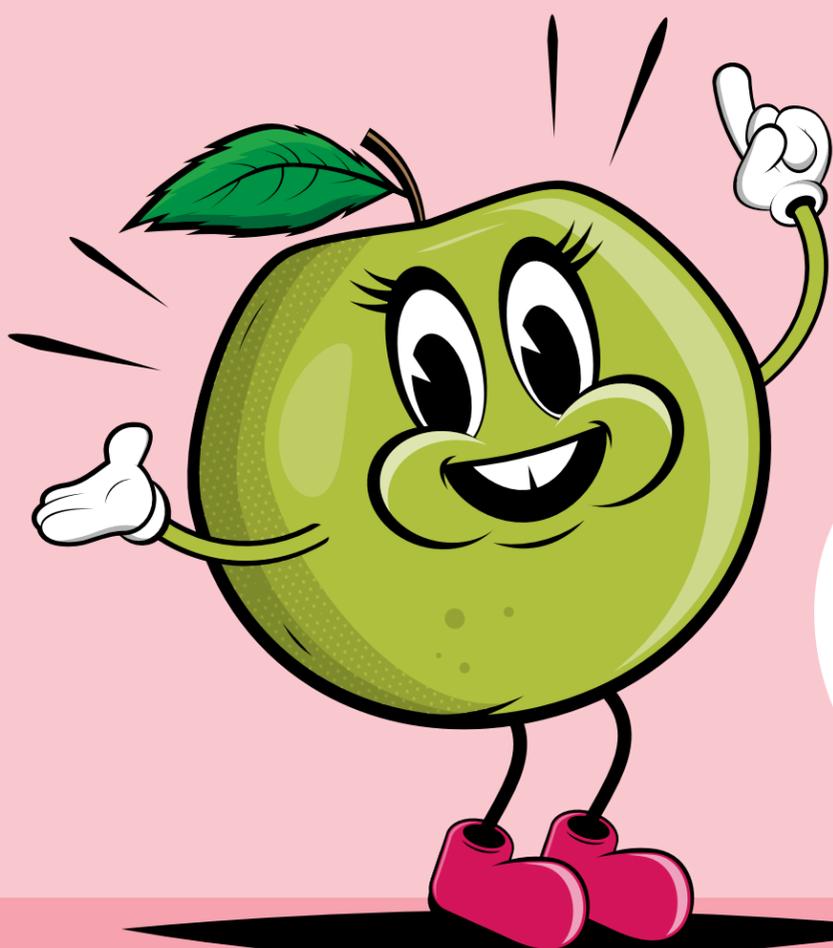
Help wash apples under running water.

Measure and mix ingredients.



Find this recipe and other tasty recipes at [FoodHero.org](http://FoodHero.org)

## Apple TIPS



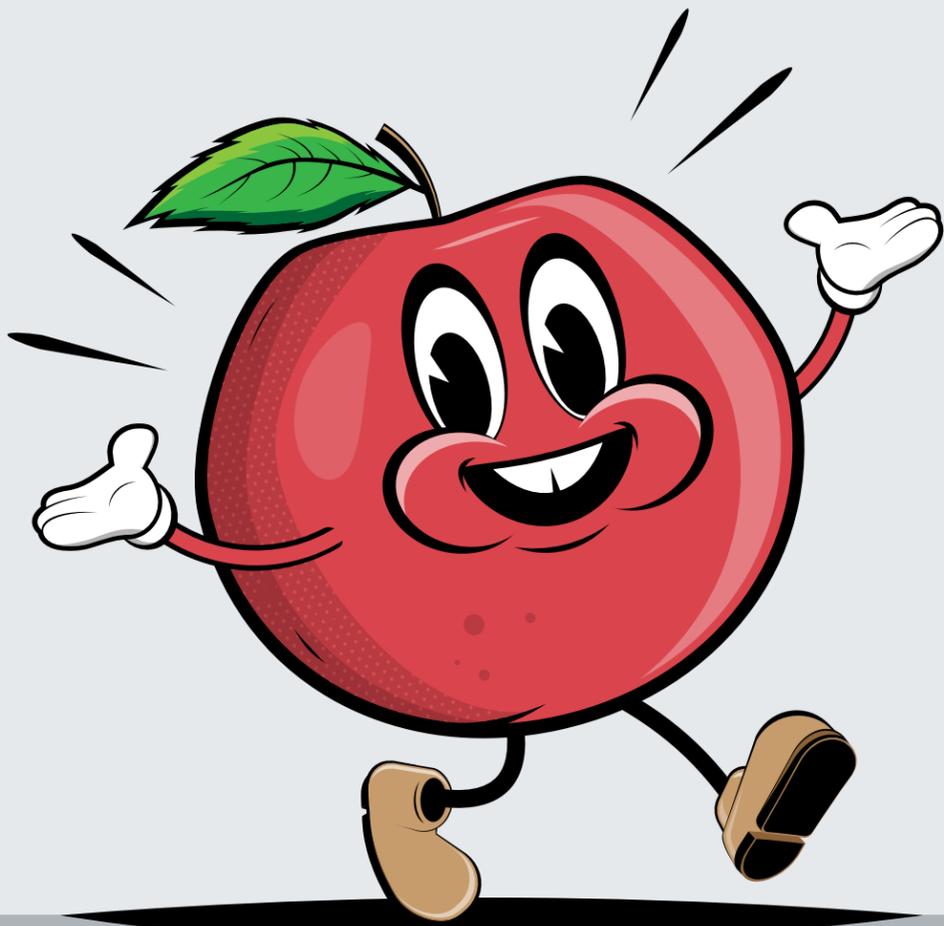
Mix chopped or grated apples and cinnamon into oatmeal.

Slicing or chopping apples can make it easier to eat them if you have a missing or wiggly tooth!

Mix peanut butter and yogurt together for a tasty dip for apple slices.

Keep apples fresh longer by storing them in the refrigerator.

# Apple TRIVIA



1. What apple is native to Washington?
  - a. Pacific Crabapple
  - b. Red Delicious
  - c. Olympic McIntosh
  - d. Granny Smith
2. Washington growers produce \_\_\_? apples out of every 10 in the United States. (fill in the blank)
  - a. 2
  - b. 5
  - c. 6
  - d. 9
3. True or False? The science of growing apples is called “pomology”
  - a. True
  - b. False

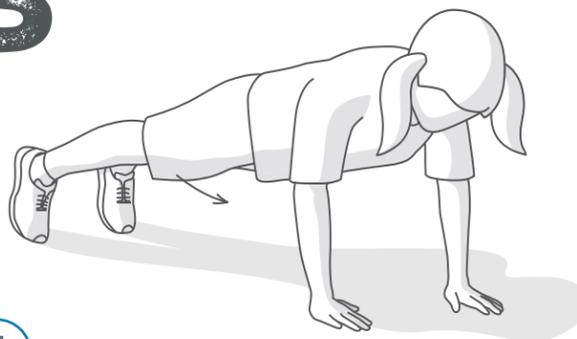
Answers: A, C, A

## Apple Tree CLIMBERS

Apples have a core. We have a core. Keep your core strong with this fun physical activity!

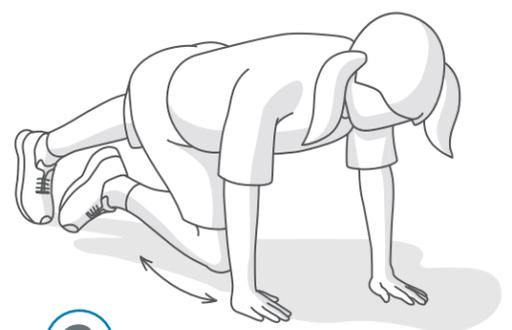


Alternate legs for 30 seconds.



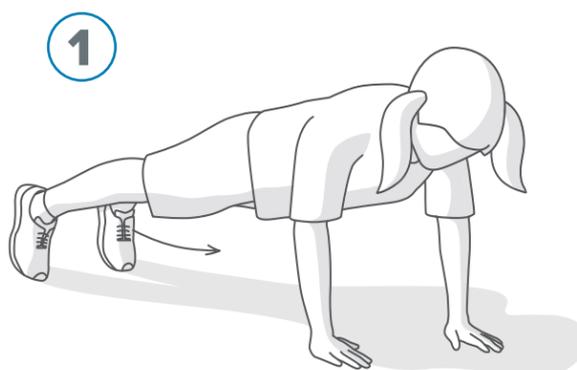
1

Start with your body in a straight line and your hands slightly wider than shoulder-width apart. Keep your toes and balls of the feet touching the floor.

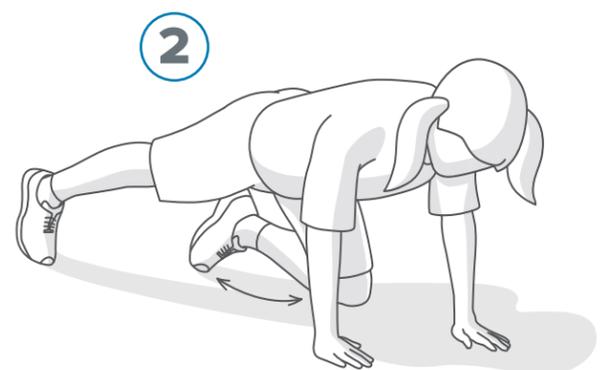


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Bring one knee up toward the center of your stomach and then quickly alternate between legs.



1



2



WASHINGTON STATE UNIVERSITY  
EXTENSION