



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

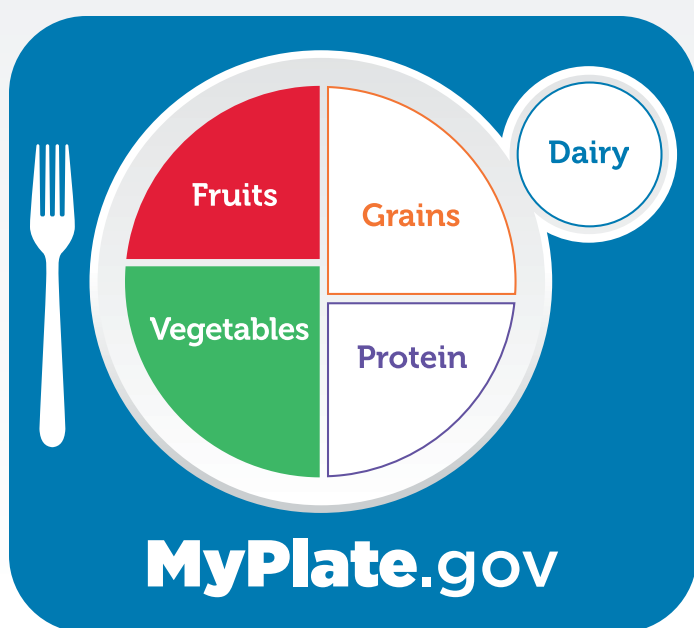
Join students across the state in taking a bite of apple at noon.

- 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?



Answer: 4,000,000,000 pounds!

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.

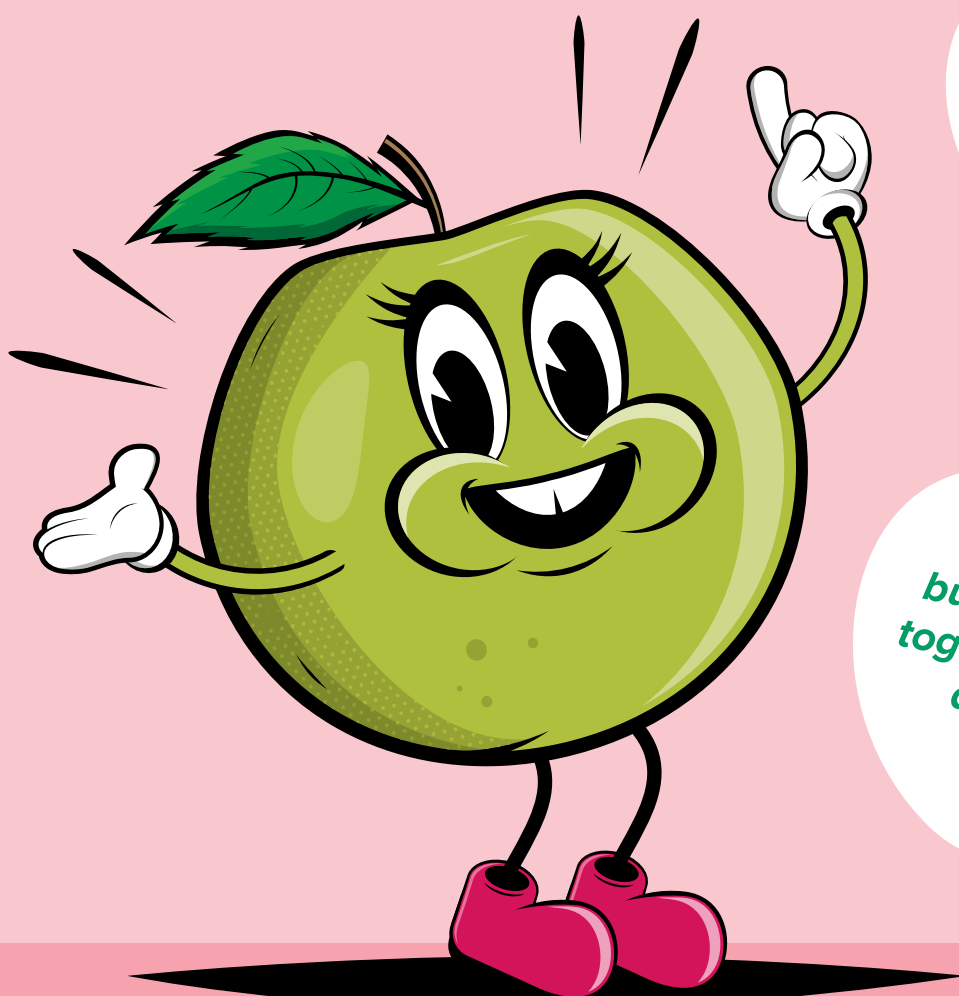
Help wash apples under running water.

Measure and mix ingredients.



Find this recipe and other tasty recipes at **FoodHero.org**

Apple TIPS



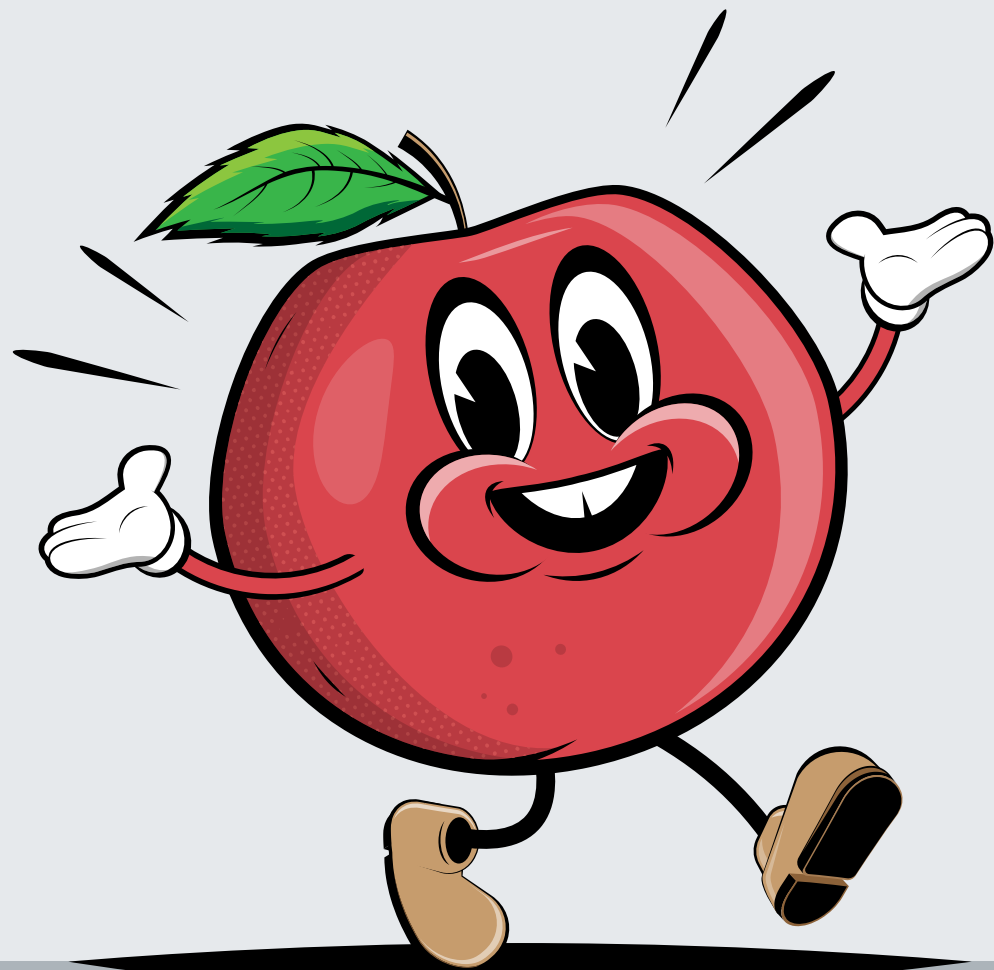
Mix chopped or grated apples and cinnamon into oatmeal.

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

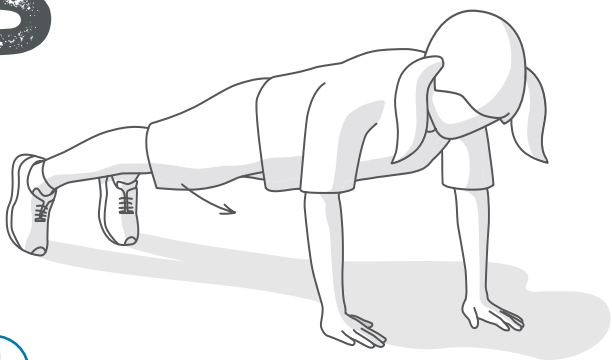
Answers: A, C, A

Apple Tree CLIMBERS

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

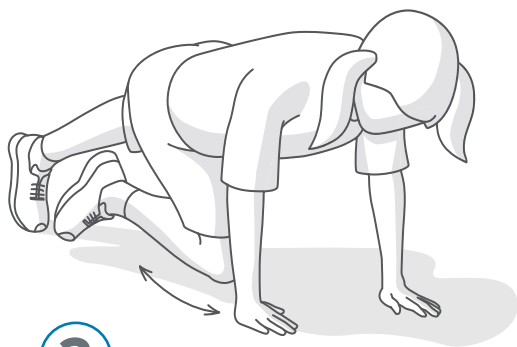


Alternate legs for 30 seconds.



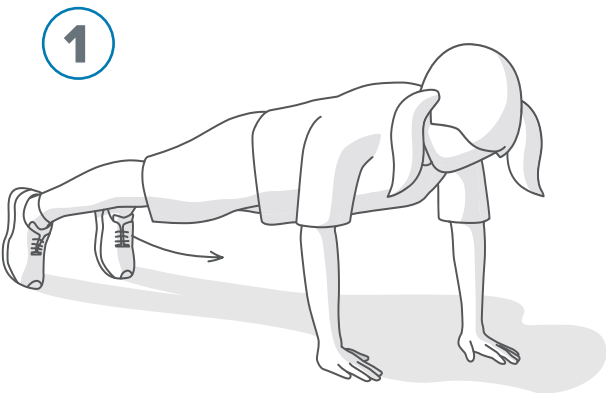
1

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.

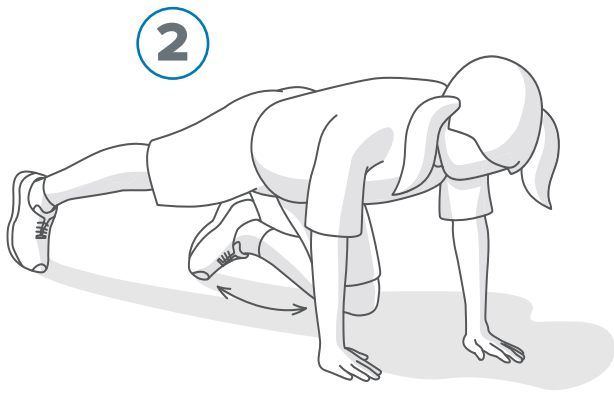


2

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



1



2



SNAP-E



WASHINGTON STATE UNIVERSITY
EXTENSION