

SENIOR NUTRITION NEWSLETTER

Nutrition Information, Recipes, and Resources for Seniors



Fall 2024
VOLUME 6, ISSUE 2

Fall has arrived!

Colder weather, changing leaves, pumpkins, and soup recipes can only mean one thing: It's fall!



Tastes Like Fall

In Washington, we typically associate juicy peaches, ripe berries, heirloom tomatoes, crunchy snap peas, and fresh mint with the summer months. As we move into September and October and the seasons begin to change, so do the types and tastes of seasonal produce in our beautiful state. What comes to mind when you think of fall produce items?



Is it large kernels of sweet corn? Freshly dug potatoes? Round orange pumpkins? What about Washington's local celebrity, the delicious Honeycrisp apple? These are products that are available across the state in the fall! Most of these fruits and veggies are associated with fall

CONTINUED ON PAGE 2

Days to Celebrate

SEPTEMBER

- 22 First day of Fall
- 25 National Daughter's Day

OCTOBER

- 1 International Day of Older Persons
- 12 Farmer's Day
- 21 National Apple Day

NOVEMBER

- 14 National Pickle Day
- 28 Thanksgiving

DECEMBER

- 5 World Soil Day

Washington Grown Produce, continued from page 1



because it is the season when they are finally ready to harvest. They typically take longer to grow than summer produce items and are also more resilient to the cooling temperatures and shorter days. And they sure taste amazing! What is your favorite fall fruit or vegetable? 🍏

The Apple State

If you like apples, then you're in the right place! Apples are an essential item for not only the agriculture of Washington, but of the entire country. Washington grows more apples than any other state, typically producing between 10 to 12 billion apples each year. We distribute these apples all across the United States and export them to 60 countries around the world. Our state grows over 30 different varieties on over 175,000 acres of orchards. We are also the leaders in organic apple production, contributing to over 85% of U.S. certified organic apples.

Apples grow well in Washington because of its ideal soil and climate. Washington is home to airy, volcanic soil which has an amazing ability to retain nutrients. These nutrients get passed along to our dense evergreen forests and our apple orchards, contributing greatly to their ability to thrive. Washington also has a moderate climate—not too hot and not too cold—which is exactly what apples need.

Fall is the harvest season for apples. Apples grow on leafy trees, and there are typically 100–150 apples on each tree. Apples are harvested by hand to prevent them from bruising, which takes a lot of work! They are typically picked into large bins, and then sorted, packed, and prepared to be sold. Apples can be juiced, dehydrated, fermented, baked, turned into powder, and used as an ingredient in hundreds of different recipes. They are so versatile and so delicious. We hope you get to eat many fresh, Washington-grown apples this Fall! 🍏



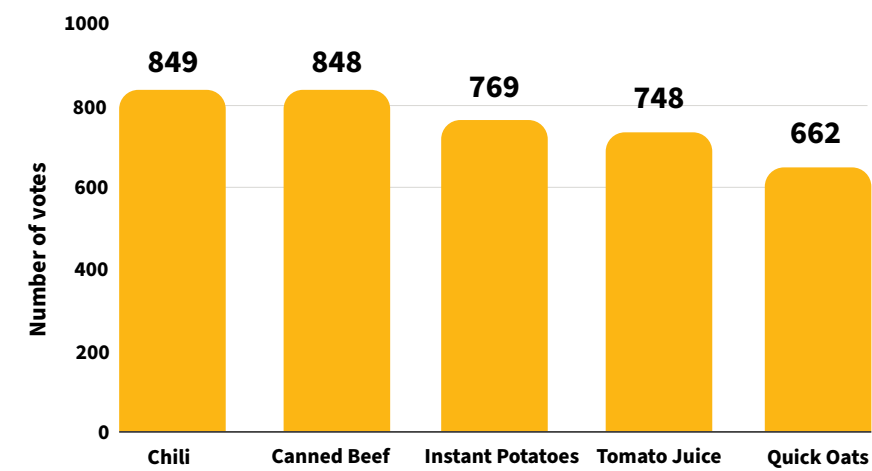
CSFP Survey Results

Over the summer, many of you filled out our annual survey about the Commodity Supplemental Food Program (CSFP). Thanks to everyone who took the time to provide your feedback as it will allow us to make improvements to the program. Now we want to provide you with some of those results!

Key Survey Statistics

- 1,490 responses received (27% of total CSFP recipients).
- 8% of respondents have access to water, electricity, stove/oven, and fridge.
- 65% of respondents receive SNAP benefits.
- 73% of respondents use the majority of the food provided in their CSFP box.
- 1% of respondents say the nutrition information provided by their CSFP distribution agency is helpful.

Top 5 CSFP Products



Recipe of the Season

Broccoli Potato Soup

4 Servings

Ingredients:

- 4 cups broccoli, chopped
- 1 small onion, chopped
- 4 cups chicken or vegatable broth, low-sodium
- 1 cup non-fat evaporated milk
- 1/2 instant mashed potatoes, prepare with water for 1 cup potatoes (or 1 cup leftover mashed potatoes)
- salt and pepper (to taste, optional)
- 1/4 cup cheddar cheese, shredded

Directions:

1. Wash your hands with soap and water.
2. Combine broccoli, onion, and broth in large saucepan.
3. Bring to boil.
4. Reduce heat. Cover and simmer 10 minutes, or until tender.
5. Add milk. Slowly stir in potatoes.
6. Cook, stirring constantly, until bubbly and thickened. Add milk if soup becomes too thick.
7. Put into serving bowls, sprinkle each with cheese.

Nutrition Facts

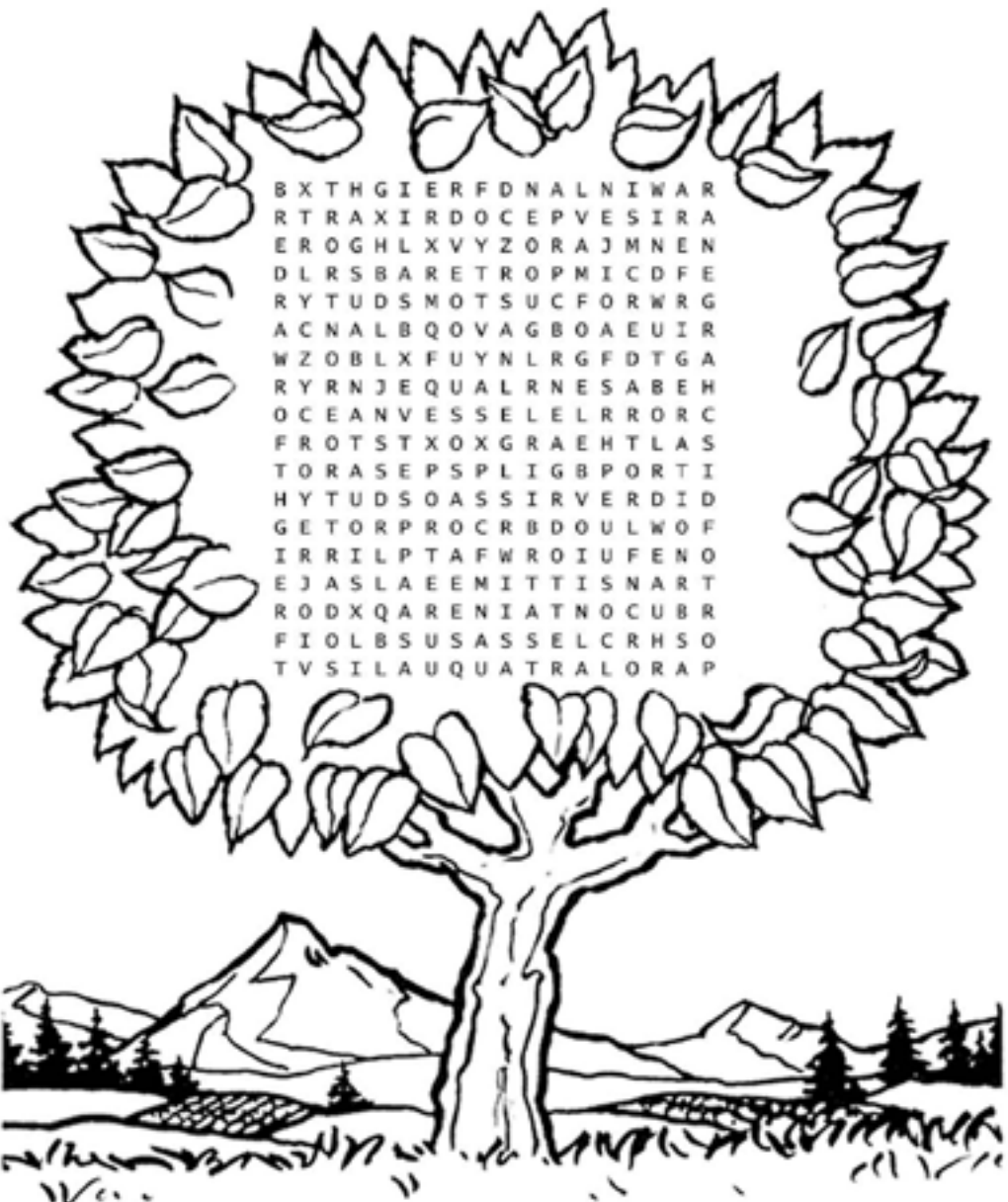
Servings per recipe: 4

Amount Per Serving	178
Calories	
Total Fat	4 g
Cholesterol	10 mg
Sodium	225 mg
Carbohydrates	23 g
Dietary Fiber	3 g
Total Sugars	10 g
Protein	15 g
Vitamin D	1 mcg
Calcium	295 mg
Iron	2 mg
Potassium	806 mg

Looking for more great recipes to try?
USDA's MyPlate Kitchen has hundreds of healthy,
budget-friendly recipes at myplate.gov/myplate-kitchen

Fun and Games

This Fall, people around the world will enjoy Washington apples. Learn the names of the twelve most grown apple varieties in Washington with this fun word search!



WASHINGTON APPLES AROUND THE WORLD

These words are often used when our apples are exported to over 60 countries around the world!

Ocean Vessel
Container
Transit Time
Refrigeration
Quality

Importer
Exporter
Label
Trade

Port of Entry
Port of Discharge
Inland Freight
Freight Forwarder
Customs Duty