

URI SNAP-ED NUTRITION NEWSLETTER



GUIDE TO FALL FRUITS AND VEGETABLES

Eating seasonal fruits and vegetables (also known as produce) can help the environment, support your local economy, and give you lots of vitamins and minerals. Seasonal produce is food that is bought and eaten around the time that it is picked. Because it ripens naturally and does not travel far, it has more vitamins and minerals and tastes fresher, too.

What is in season this fall in Rhode Island?

<i>Produce</i>	<i>What to look for</i>	<i>How to prepare</i>
 Apples	Firm fruit with no bruising.	Chop them raw and add to morning oatmeal with cinnamon.
 Pumpkins	Bright in color, firm flesh, no mushy skin or black spots.	Add fresh chopped pumpkin to chili, or canned pumpkin to baked goods.
 Kale	Leaves and stalks should be firm and dry, not wilted, brown, or mushy.	Add to soups, salads, or roast in the oven to make kale chips.
 Cranberries	Brightness in color, and not pale or see-through.	Add fresh or frozen cranberries to your favorite baked goods.
 Mint	Bright green leaves and stems with no black/dried spots or wilting.	Add to salads or steep in hot water to make tea.



FarmFreshRI increases community access to local foods by sharing locations of farmers' markets around Rhode Island. They also list which locations accept SNAP/EBT, WIC, and Bonus Bucks at these farmers' markets. To access this information, you can visit the Farm Fresh RI website.

For more information, visit <https://www.farmfreshri.org/>

SNAP-Ed is out in the community doing face-to-face programs and also virtually as requested. Please call our hotline at 1-877-366-3874, visit uri.edu/snaped or follow us on social media for more family recipes, friendly recipes and information.



Where to find seasonal Rhode Island produce?

Seasonal RI produce can be found at farmers' markets, farm stands, and orchards. Some grocery stores carry Rhode Island produce as well. Some Rhode Island produce will have a logo showing it is locally grown. Look for these logos:



APPLE COLESLAW

Ingredients

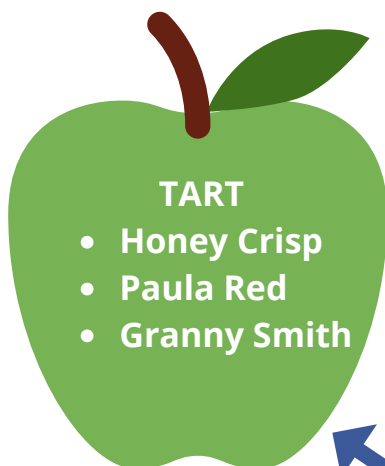
- 1 small head of green or red cabbage (about 3 cups shredded)
- 2 medium red apples
- 1 large carrot
- 2 medium scallions
- 1/3 cup light mayonnaise
- 1/3 cup unpacked brown sugar
- 2 tablespoons lemon juice

Serves: 12

Serving Size: 1/2 cup

Directions

1. Wash all vegetables and fruit. Finely chop or shred cabbage.
2. Core apples and chop into bite sized pieces. Grate carrot. Finely chop scallions.
3. In a large bowl, combine cabbage, apples, carrot, and scallions.
4. In a small bowl, beat together the mayonnaise, brown sugar, and lemon juice.
5. Pour dressing over salad and mix well.



For a tart or sweet coleslaw, try different local kinds of apples.

For more apple recipes, visit our website at <https://web.uri.edu/community-nutrition/recipes/>