



Greenmarket Recipes for Kids

Applesauce

Ingredients

- * 12 Fresh apples, of various varieties
- * 1 cup water or apple cider

Optional: cinnamon, lemon juice, brown sugar or other sweetener

** Ingredients available seasonally at your neighborhood Greenmarket*

Equipment

- Large stainless steel or enameled pot
- Apple cutter or large knife and cutting board
- Measuring cups
- Large strainer or food mill

Directions

- 1) Wash apples thoroughly.
- 2) With a grown-up's help use the apple cutter or a knife to slice the apples into at least four slices per apple.
- 3) Place in the large pot with the cup of water or cider.
- 4) With an adult's help, place the pot on the stove on high heat and bring to a boil
- 5) Once it is boiling, turn the heat down to low and cover
- 6) Cook on low heat until apples are soft (probably about ½ hour).
- 7) Turn the stove off and remove from heat. Allow to cool enough to handle.
- 8) Once the apples have cooled (at least 30 minutes) push them through the large strainer or pass them through a food mill if you have one.
- 9) Throw away the skins and seeds from the strainer.
- 10) Optional-adjust the seasoning to taste with a little sugar (no more than ¼ cup), a few shakes of cinnamon, and a little lemon juice.

The applesauce can be stored, refrigerated, for up to one week.

Turn page over to find out how apples benefit your body

For over 30 years GrowNYC's Greenmarket staff, volunteers and farmers have been working together to promote regional agriculture, preserve farmland and ensure a continuing supply of fresh, local produce for all New Yorkers. To learn more about GrowNYC's Greenmarket, gardening, recycling and education programs, visit

www.growNYC.org.



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Fun Nutrition Facts

Have you heard the old saying –

“An apple a day keeps the doctor away?”

Here are some of the reasons why:

- Apples have Vitamin C, an antioxidant that is good for your immune system and helps fight disease.
- Apples have Vitamin A, which is important for good vision and strong bones.
- One apple provides as much dietary fiber as a bowl of bran cereal. That's equal to 1/5 of the recommended daily amount of fiber.
- Apples are loaded with pectin, a soluble fiber that aids digestion and may help reduce illnesses like cancer and heart disease.
- The complex carbohydrates in apples give your body a longer, more even energy boost compared to high-sugar snacks. Snacking on apples can keep you going throughout the day.
- Apples provide boron, an essential trace element that helps harden bones. Strong bones help prevent osteoporosis.

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