

Food for Health: Apples

Oasis Orchards - Staples, MN

The locally sourced items available through Sprout can benefit individual health and promote environmental and economic health in the community.



Since the apple breeding program began at the University of Minnesota in 1888, nearly 30 apple varieties have been developed. These varieties include SweeTango, Honeycrisp, Zestar!, Kinderkrisp, and SnowSweet that are grown at Oasis Orchards.

Christine Albrecht at Oasis Orchards began growing apples because she wanted to address food insecurity in the community by improving access to fresh produce. Food insecurity is the lack of reliable access to affordable, nutritious food.

Apples are fruit that grow from flowering trees. Apple trees take 4-5 years to produce their first fruit.

There are thousands of apple varieties that fall into three broad categories: cider, cooking, and dessert varieties. They differ in size, shape, acidity, crispness, flavor, and shade of red, green, or yellow.

Apples are full of vitamins A and C, potassium, fiber, and antioxidants. Vitamin C is important for immune function and skin health.

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"I want to provide something good for my community and improve access to fresh produce."

- Christine Albrecht, Oasis Orchards

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Apple of My Eye Roasted Veggies

Directions

1. Add all the vegetables (and protein) to a large baking dish. Drizzle oil and toss with the seasonings to coat all the vegetables.
2. Roast in the oven at 375 F for about 50-60 minutes until potatoes and acorn squash are soft or protein is cooked through.
3. Enjoy by itself, with your favorite grain, or on top of a salad.

Apples are crisp and crunchy with a sweet or tart flavor

To learn more, visit the
Sprout website at
www.sproutmn.com/recipes.

Ingredients

Roasted vegetables:

- 2 apples, sliced
- 1 acorn squash, diced
- 1 potato, diced
- 1 onion, sliced
- 1 bell pepper, diced
- 2 Tbsp sunflower oil
- 2 Tbsp garlic, minced
- 2 Tbsp rosemary
- 1 tsp thyme
- Salt and pepper to taste
- Optional: your choice of protein

Selection: Select firm apples without bruises or skin breaks

Storage: Refrigerate to maintain best quality

Sprout