

## Subject: September Newsletter

Hello and thank you for participating in the Griffin Hospital Produce Prescription Program!

Each month, we will send you a newsletter with a seasonal produce item that should be affordable, and you can often find locally grown at your local grocery store. Hope you enjoy some affordable, healthy and easy recipes featuring this month's produce highlight.

In September (and year-round), you can find Apples in the grocery store. Apples come in a bunch of different varieties and you should sample a bunch to find what you like most for you and your household. You might find, honey crisps, granny smith, gala, fuji, pink lady or mcintosh at the store right now.

Apples are a good source of fiber and are fat and sodium free. You can store fresh apples at room temperature for a week or more and even longer in the fridge.

Eating!

- Chopped as a sweet salad or chutney
- As apple sauce
- With a yogurt or peanut butter dip
- Added to stir-fry
- Baked
- Or whole and on the go!

Check out these recipe links that highlight Apples:

- <https://extension.umd.edu/programs/family-consumer-sciences/snap-ed/eat-smart/recipes/microwave-baked-apples>
- <https://www.mainesnap-ed.org/recipes/not-your-everyday-apples/>
- <https://masnaped.org/recipes/fresh-fruit-with-cinnamon-yogurt-dip/>
- <https://snapedny.org/recipes/apple-salad/>
- <https://extension.umd.edu/programs/family-consumer-sciences/snap-ed/eat-smart/recipes/homemade-applesauce>
- <https://extension.umd.edu/programs/family-consumer-sciences/snap-ed/eat-smart/recipes/apple-salad>
- <https://snapedny.org/recipes/harvest-kale-apple-salad/>

Don't forget that if you don't like what you see here, Diabetes.Org has this searchable recipe filter that lets you search recipes by a variety of features. You can search for recipes by cuisine/regional preference: <https://www.diabetesfoodhub.org/all-recipes.html>

As always, if you have any questions or need support, please reach out to our team!