

HardCORE

Challenge



#CTgrownforCTkids

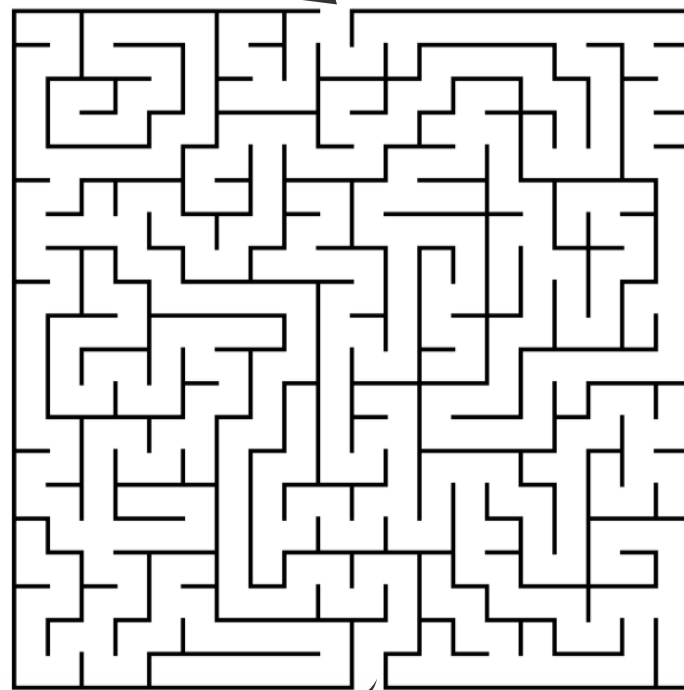


Used with permission from the UConn Extension Put Local On Your Tray Program ©

FUN FACTS ABOUT APPLES!



HELP THE APPLE GET TO THE SCHOOL!



IT'S TIME TO CRUNCH!

K A Q Q V O N Z Y O R A Y G O R Z E
 C A C Q V F A L L R Y P S J E W Y J
 A R O J V B T L O C A L P K I B E I
 U D U Y L U C R I S P X F V P L L W
 P L V N Z H D K K V L B T O K W N F
 F J X V C O E R X N A Q E T R E E I
 J A G B J H P D A K A H G Q Q U A X
 T J Z F A R M P E A R D T C I R P B
 E A F P I D L F Q X H I F I B B P R
 Y O F G L I P I E D L R N W F M L C
 T E O R C H A R D P F B X U C G E Z
 X P F Y F R U I T K P X R Q L Q G A

ORCHARD
 CRUNCH
 APPLE
 CRISP
 FRUIT
 LOCAL
 FARM
 FALL
 PEAR
 TREE
 PIE



A HARDCORE CHALLENGE!

Our classroom is now virtual, but that doesn't stop me from _____. Its October, and
 (verb ending in ING)
 October is National Farm to School Month! It's also the season of _____, where the
 (noun)
 leaves change from green into beautiful colors. During _____, I go to a Connecticut
 (noun)
 farm to pick _____. You can make pies, juice, and cider from _____! They come in
 (noun) (noun)
 different colors like red and _____. My teacher tells me that our class is participating in
 (adjective)
 the HardCORE Apple and Pear Crunch Challenge! Our class must take a bite out of a local
 apple or pear! When I take my bite, it makes a large _____ sound!
 (adjective)
 As I chew my _____ it tastes like _____ and _____. My favorite snacks to have
 (noun) (adjective & adjective)
 with apples are cheese or _____. I hope tomorrow's school day is as _____ as today!
 (noun) (adjective)

CARAMELIZED APPLES WITH YOGURT SAUCE

Ingredients

- 4 Granny Smith or Gala apples (peeled or unpeeled)
- ¼ cup unsweetened apple juice or apple cider
- ¼ cup brown sugar
- 2 tablespoons cornstarch
- ½ teaspoon cinnamon
- ¼ teaspoon nutmeg
- ¼ teaspoon salt

Yogurt Topping

- 2 ½ cups low-fat plain yogurt
- 1 tablespoon honey
- ¼ teaspoon cinnamon



New England
Dairy

Recipe brought to you by
New England Dairy

Directions

1. Preheat oven to 350° Fahrenheit. Spray an 8×8-inch baking dish with nonstick cooking spray; set aside.
2. Core and thinly slice apples. Place apples in a medium bowl and toss with apple juice. Mix brown sugar, cornstarch, cinnamon, nutmeg and salt together in a small bowl. Sprinkle over apples and stir gently until coated.
3. Pour apples into a prepared baking dish. Bake for 40 minutes or until apples are slightly browned at edges and sauce is bubbling.
4. For the cinnamon yogurt topping: Line a colander with several paper towels and place over a bowl to catch drips. Pour yogurt into the colander and allow to drain, refrigerated, about 30 minutes. Spoon yogurt into a small bowl and stir in honey and cinnamon. For each serving, top ¼ of the warm apples with ¼ of the yogurt topping.



Celebrate Farm to School Month
this October!

IT'S TIME TO CRUNCH!

Celebrate local food and farms this week with our recipes, and activities on our website. Crunch on CT!



putlocalonyourtray.uconn.edu/hardcorechallenge