

Produce of the Month



Enjoy fresh & free Apples

Keep an eye out for our mobile Produce of the Month cart around campus!

October 1ST

11am • Holly Apartments

October 15TH

11am • Student Health Services

Every Wednesday, Champion's Choice, Fresh Food Co, and Juniper Dining will be featuring a healthy recipe with the Produce of the Month!

USF UNIVERSITY OF SOUTH FLORIDA
Wellness Education & Dining Services

SHOPPER TIPS

Look for firm fruit with few blemishes, gashes, or spots.

- Red and Golden Delicious = sweeter
- Braeburn and Fuji = slightly tart
- Gravenstein, Pippin, and Granny Smith = tart

WHAT'S IN IT FOR YOU?

- Good source of dietary fiber
- Okay source of vitamin C

SERVING IDEAS

- If you like to precut your apples into slices, sprinkle a little lemon, lime or orange juice on them and they won't turn brown as fast
- Try chopping up an apple and putting it in your salad for a burst of sweetness and a little crunch!

PEAK SEASON

- Available year round, peak season is August through November. Very few apples are grown in Florida.

STORAGE

- Apples can be stored for up to 2-3 months in the refrigerator. Unfortunately, some of the beneficial nutrients may be lost over time.

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Apple Slaw with Honey Mustard Vinaigrette

Prep Time: 10 minutes; Servings 6

INGREDIENTS:

- 3 Tablespoons honey
- 2 Tablespoons canola oil
- 2 Tablespoons Cider Vinegar
- 1 Bag precut coleslaw mix
- 1 Tablespoon mustard of preference (we like spicy brown mustard!)
- 2 Cups chopped apple of your choice
- 2-3 Green onions, chopped

DIRECTIONS:

Stir honey, vinegar, and mustard in a large bowl until combined. Whisk in oil until blended. Add all remaining ingredients; toss gently to mix.

Nutrition Facts

Apple Slaw with Honey Mustard Vinaigrette
Serving Size: 2/3 cup
Calories: 127, Calories from Fat: 42, Total Fat: 4.7g, Saturated Fat: 0g, Trans Fat: 0g, Cholesterol: 0g, Sodium: 32mg, Total Carbohydrates: 20g, Dietary Fiber: 3.2g, Sugars: 14.5g, Protein: 1g, Vitamin A: 2%, Vitamin C: 10%, Calcium 1%, Iron: 2%

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