

GOOD,
FOOD
BRIGHT
FUTURES

MILES

FARMERS MARKET

FRESH PRODUCE & MUCH MORE

EST. 1971

WHERE FOOD IS OUR PASSION

SUPPORT
LOCAL
FARMERS
GROW A
HEALTHY
TOMORROW!

MILES FARMERS MARKET KIDS CLUB

OCTOBER HARVEST EDITION

DISCOVER • LEARN • CREATE • GROW

Welcome to the October edition of the
Miles Farmers Market Kids Club!

This month we're celebrating one of Ohio's
favorite fall harvests: **APPLES!**

INSIDE THIS ACTIVITY PACKET, YOU'LL:

- Meet a local Ohio farmer
- Learn fun facts about apples
- Complete coloring, matching, tracing,
and word-search activities
- Explore how food grows from farm to table
- Try delicious apple recipes with your family

At Miles Farmers Market, we believe learning about
fresh food should be fun. Every month we'll bring you
a new Kids Club packet featuring seasonal fruits,
vegetables, local farms, and hands-on activities
for children of all ages!

FUN
ACTIVITIES

HEALTHY
FOOD FACTS

LOCAL
FARMERS

DELICIOUS
RECIPES

APPLES
MAKE
HEALTHY
KIDS! ♥

MILES FARMERS MARKET

28560 MILES ROAD
SOLON, OH 44139

FRESH PRODUCE • LOCAL FOODS • FAMILY FUN

OHIO
APPLES
TASTE
BETTER! ♥

WHERE FOOD IS OUR PASSION

Real Food Comes from Real Growers



Meet Farmer Ben Gammie

Fruits and veggies grown by local Ohio farmers like Farmer Ben Gammie at Quarry Hill Orchards have superpowers like vitamins and minerals that help your body to be healthy and strong. They taste good, too!

Farm Name: **Quarry Hill Orchards**

FARM SIZE

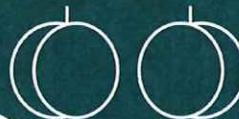
500 acres total -
190 acres for
fruit growing

SPECIAL POWER

A Strong
Connection to
the Land

FARMER'S FAVORITES

Peaches



TOP CROPS

Apples + Peaches



THE FARMER SAYS:

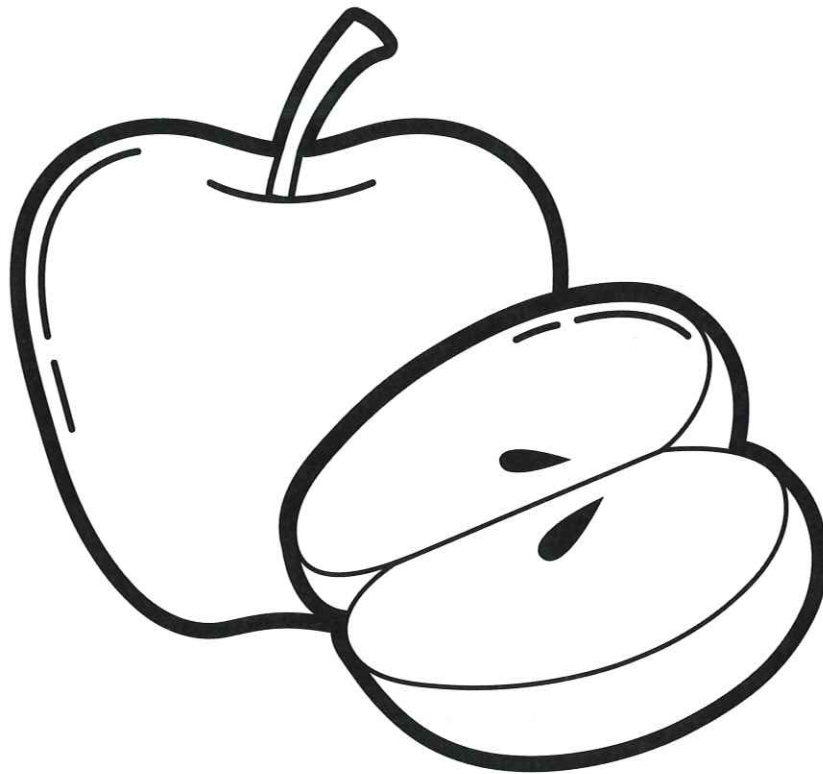
Farming is a lifestyle, not a job. It takes a lot of hard work, sacrifice, and teamwork.

Name _____



color Me!

APPLES



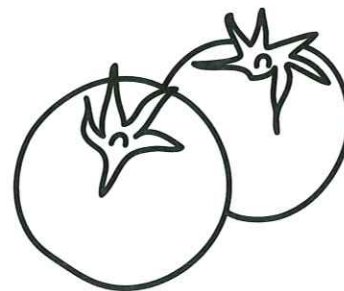
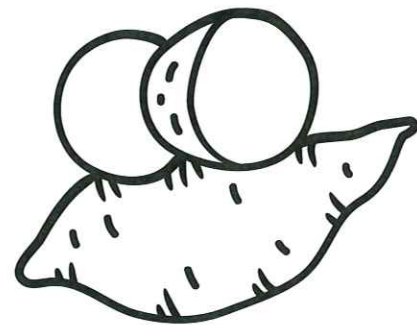
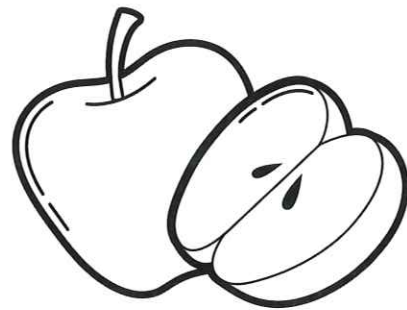
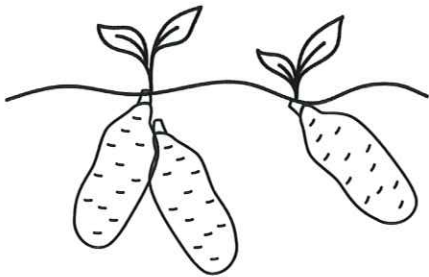
**Apples are green, yellow, and red.
They give you energy for the day ahead!**

www.feedourfuture.org

Name _____



Fruits and vegetables grow in the garden, waiting to be picked. Can you match them?

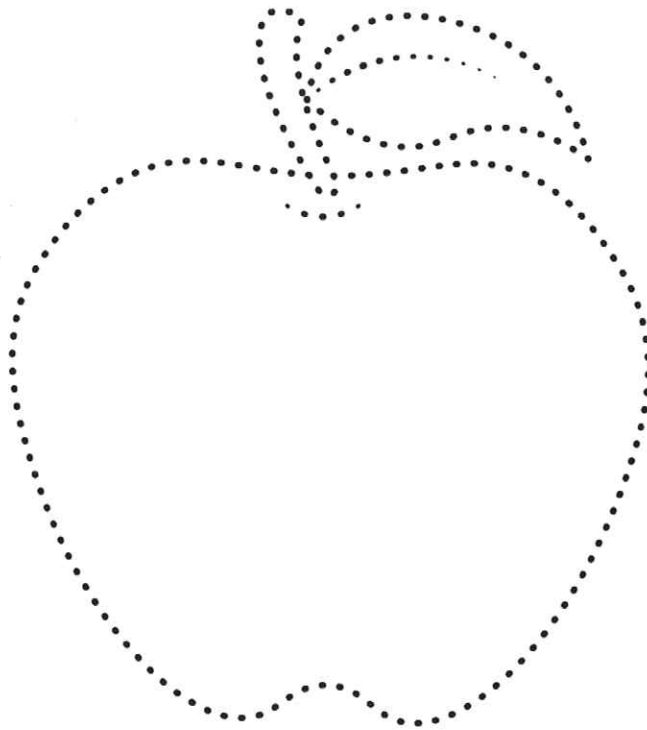


Name _____



Trace Me!

APPLES



**Apples are green, yellow, and red.
They give you energy for the day ahead!**



Word Search

DIRECTIONS: Locate the list of words that are hidden in the grid. They can run horizontally, vertically or backwards. Mark them off as you go. Good luck!

Apples

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

FIBER
PACKHOUSE
ORCHARD
BLOSSOM
WASHINGTON
PIE
DIGESTION
APPLESAUCE
BUSHEL
GRANNY SMITH
HONEYCRISP
FUJI
CIDER
TREE
DOCTOR

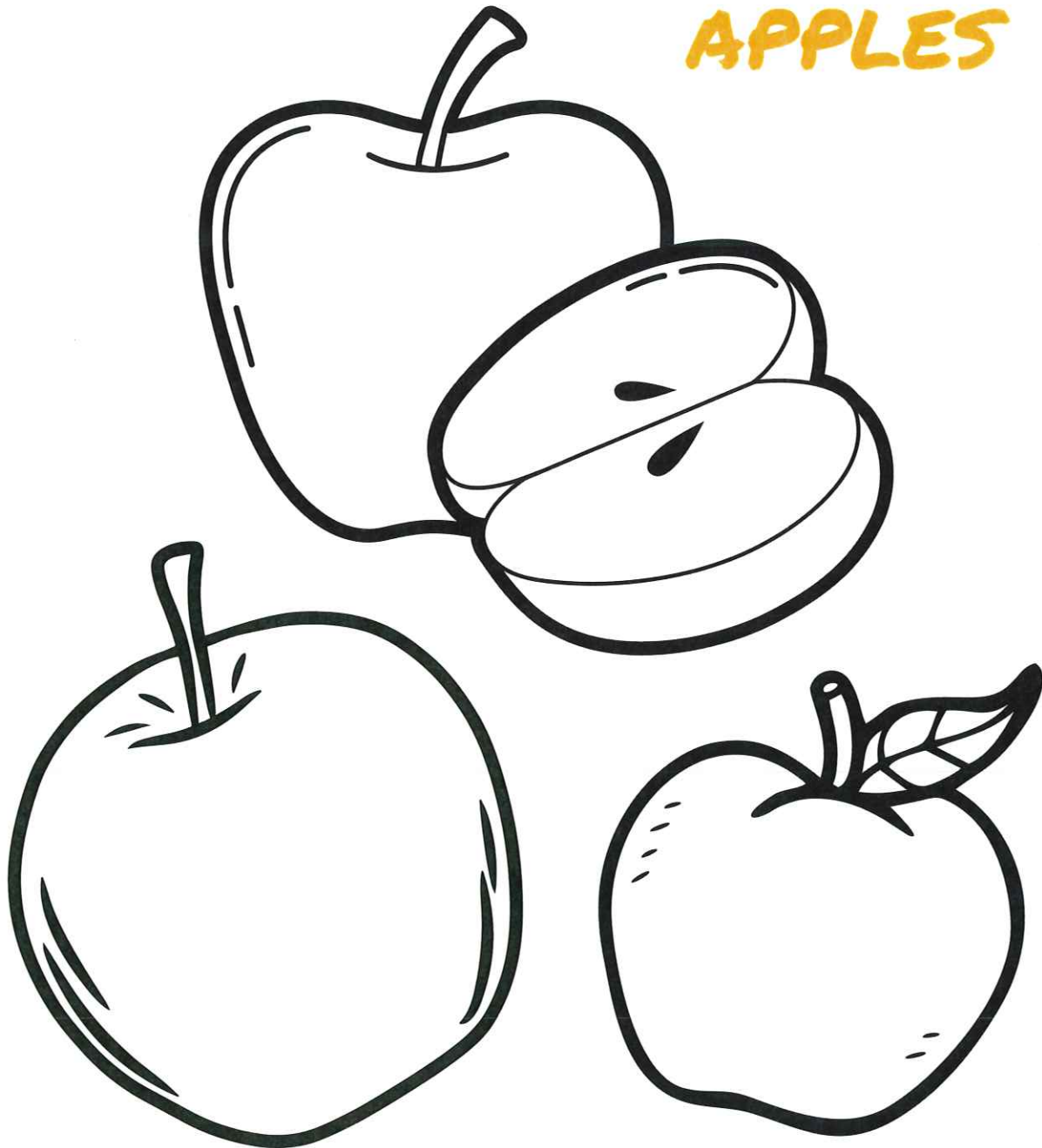
Play this puzzle online at : <https://thewordsearch.com/puzzle/3591840/>

Name _____



color Me!

APPLES





FEED OUR FUTURE®
Local Foods for Growing Minds



HOME RECIPE

Ohio Apple

Featured Item: Apples
Serving Size: 1 each • Yield 4

Fun Facts:
Try not to peel your apple. All of the fiber and nutrients are in the skin!

Try It!
Listen to the sounds different apples make as you bite into them.

INGREDIENTS -

4 Apples, Raw with Skin



DIRECTIONS

1. Enjoy!

NUTRITION FACTS

Calories: 94
Total Fat: 0 g
Saturated Fat: 0 g
Trans Fat: 0 g
Cholesterol: 0 mg
Sodium: 2 mg
Total Carbohydrate: 25 g
Dietary Fiber: 5 g
Total Sugars: 19 g
Protein: 0 g



Scan the code to learn more about Harvest of the Month.

Make this dish. Make an impact. When you choose to buy, prepare, and eat fresh, local foods, it's better for you and your community!

Cook and share with #feedourfutureohio.



Recipe and nutritional info provided by our partner,
Pisanick Partners LLC

Email ohiofeedourfuture@gmail.com for full nutrition facts.



FEED OUR FUTURE®
Local Foods for Growing Minds



HOME RECIPE

Apple Crisp

Featured Item: Apples

Serving Size: 1/2 cup • Yield 12

Fun Facts:

Apples float because 25% of their volume is made up by air.

Try It!

Apples like Honeycrisp, Braeburn, Winesap, and Granny Smith are all good for baking.

INGREDIENTS

9	Apples, raw, Local
1 1/2 cups	Applesauce, unsweetened
1 1/2 teaspoons	Cornstarch
1/4 cup	Whole Wheat Flour
1/4 cup	Oats, old fashioned
3 tablespoons	Brown Sugar
3 tablespoons	Butter, unsalted



DIRECTIONS

1. Preheat oven to 350°F.
2. Peel and slice apples into bite-sized pieces.
3. In a bowl, mix together the apples, applesauce, and cornstarch. Spread into a glass pan.
4. In another bowl, mix together oats, flour, and brown sugar.
5. Melt butter.
6. Pour butter into oat/flour/sugar mixture and stir to make a crumble.
7. Spread crumble on top of apple mix.
8. Bake, covered, for 30 minutes. Remove cover and finish baking uncovered for about 10 minutes, until the topping is crisp.

NUTRITION FACTS

Calories: 157
Total Fat: 4 g
Saturated Fat: 2 g
Trans Fat: 0 g
Cholesterol: 10 mg
Sodium: 2 mg
Total Carbohydrate: 31 g
Dietary Fiber: 4 g
Total Sugars: 19 g
Protein: 2 g



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Recipe and nutritional info provided by our partner,
Pisanick Partners LLC

Email ohiofeedourfuture@gmail.com for full nutrition facts.



FEED OUR FUTURE®
Local Foods for Growing Minds



HOME RECIPE

Pork Carnitas Bowl with Local Apple Chutney

Featured Item: Apples
Serving Size: 1 bowl • Yield 4

Fun Facts:
Apple trees take 3 to 4 years to produce their first fruit.

Try It!
Cut up pieces of apple and put them on your oatmeal for a sweet addition.

INGREDIENTS

14 ounces	Pulled Pork
4	Cornbread, mini loaves
1 1/3 teaspoons	Butter, unsalted
1/3 cup	Onion, chopped
1 1/3 cups	Apples, Local, chopped
1 1/3 tablespoons	Brown Sugar
1/2 teaspoon	Ground Cinnamon
1/4 teaspoon	Allspice
1 tablespoon	Apple Cider Vinegar
1/2	Orange



DIRECTIONS

1. Preheat oven to 350°F.
2. Peel and chop apples. Dice the onions. Zest the orange, then juice.
3. Set a saucepan over medium-low heat. Add the butter. Once melted, add onions and cook for 3-5 minutes until they are clear.
4. Add the peeled and chopped apples, brown sugar, cinnamon, allspice, vinegar, orange zest, and juice. Stir. Turn up the heat and bring to a simmer. Turn down to low and cover. Cook for 40 minutes. Chutney should look like applesauce when it is done.
5. Bake pork in over, covered, for 30 minutes.
6. Place 4 ounces of pork in a bowl and top with 1/4 cup chutney. Serve with a cornbread loaf.

NUTRITION FACTS

Calories: 250
Total Fat: 23 g
Saturated Fat: 7 g
Trans Fat: 0 g
Cholesterol: 80 mg
Sodium: 296 mg
Total Carbohydrate: 58 g
Dietary Fiber: 3 g
Total Sugars: 42 g
Protein: 20 g



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