

## Colorado Harvest of the month for December...

### Apples



From apple pie to apple sauce to apple cider to a fresh, crisp apple eaten straight off the tree, the options for enjoying apples are endless. Especially when those apples are grown in our own backyard!

Apples pack in a lot of healthy nutrients, most of which are stored in their skin. Think about this: if an apple's skin has to be strong enough

to protect it from the cold weather before harvesting in the fall and to keep its sweet inner flesh from getting bruised, then that means it must be able to help keep you strong and healthy too! The most well-known nutrient found in apples is Vitamin C. This vitamin is the same as what is found in oranges and it works very well to protect your immune system to fight off sickness. For this reason, it's good to eat apples (and oranges) throughout the winter when a lot of people are getting sick. Thankfully, the strong skin of apples serves another purpose by keeping apples tasty all winter long! Remember, if you eat the skin, be sure to wash your apples well.

For a warming winter dessert, baked apples are simple and fun to prepare. Follow the recipe below or experiment with your own filling variations:

Preheat oven to 425 F. Trim the tops and scoop out the center of two apples. Rub the edges of the trimmed fruit with lemon juice. Then, in a medium bowl, mix together ½ cup whole grain cereal with dried fruit, 1 tablespoon brown sugar, 2 tablespoons butter and 2 tablespoons chopped walnuts. Stuff the cereal mixture into each apple and place them upright in muffin tins. Bake approx. 20 minutes until soft and bubbly. Top with vanilla Greek yogurt or ice cream and a sprinkle of cinnamon.

### Sources:

<http://www.2020site.org/fun-facts/Fun-Apple-Facts-for-Kids.html>

<http://www.foodnetwork.com/recipes/rachael-ray/easiest-ever-baked-stuffed-apples-recipe/index.html>

## Physical Activity Topic for December...

### Staying Active Indoors

In the winter when it is cold outside, it is important to remember to keep moving. Just because it is too cold or snowy to play outside doesn't mean that you should sit around all day. There are many ways to get moving inside, and have fun too. One way is to do balloon exercises.

**Balloon Hop:** Put 5 small toys or building blocks in a line on the floor evenly spaced so that you can easily jump over them. Hold a balloon while you hop to the end and back.

**Balloon Core Balance:** Get on your hands and knees with your hands under your shoulders. Hold a balloon in one hand and have your parents give you simple words to spell in the air with the balloon, then put the balloon in your other hand and spell another word.

**Balloon Stepping:** Hold a balloon with both hands and take 5 big steps or lunge 5 times in one direction and then turn around and come back.

**Balloon Sit-to-Stand with Jump:** Sit on a chair holding a balloon. Have your mom or dad shout "Stand up". When your parent says "stand up", stand up and jump up reaching towards the ceiling while holding the balloon and then sit back down.

**Balloon Skip:** Place several chairs around the room and skip around each chair holding the balloon.

Just remember with any type of exercise to warm up for about 5 minutes before you begin. Try marching in place, dancing around to fun music, or doing jumping jacks. Whatever you decide, just remember to have fun!

### Source:

<http://www.care.com>

