

Parent's Page

A Look at Our Book

Today your child enjoyed the book *Picking Apples & Pumpkins* by Amy and Richard Hutchings. In the book, a family enjoys an outing to an orchard and pumpkin patch where autumn's harvest is ready for picking.

You and your family have many reasons to enjoy fruits and vegetables every day—at least five servings a day are recommended. Apples are one of the most popular fruits in the world, and are a good source of potassium, folic acid (a B vitamin), and fiber. Always wash apples thoroughly before eating or cutting—even those from a local orchard!

Make time to read together with your child. Remember these tips when reading with your child:

- Make it a special time together.
 - Follow the story, but take time for your child's questions or remarks.
 - Put variety and "life" into your reading voice—show you enjoy reading, too!
- Include older children and other family members—we are never too old to hear a good story.
- Show your child how to handle books carefully—use a bookmark to mark page, and turn pages gently.
- Most importantly—**HAVE FUN!**



Read All About It!

Here are some additional books you might enjoy sharing with your child!

Apples and Pumpkins by Anne Rockwell
The Pumpkin Blanket by Deborah Turney Zagwyn
Pumpkin Day, Pumpkin Night by Anne Rockwell
The Seasons of Arnold's Apple Tree by Gail Gibbons

Check for these titles at the public library!



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Pocket Apple Pie

4 servings



- 4 (10 inch) flour tortillas
- 1 large apple
- 1/4 teaspoon ground cinnamon
- 2 tablespoons brown sugar
- 1/8 teaspoon ground nutmeg
- 2 tablespoons milk
- sugar (optional)

1. Warm tortillas in microwave or oven to make them easier to handle.
2. Peel and chop fruit into small pieces.
3. Place 1/4 the fruit on each tortilla.
4. In a small bowl, stir together brown sugar, cinnamon and nutmeg. Sprinkle over fruit.
5. Roll up the tortillas.
6. Place on an ungreased baking sheet and make small slashes to allow steam to escape. Brush with milk and sprinkle with additional sugar, if desired.
7. Bake in a 350 degree oven for 8 to 12 minutes or until lightly brown.
8. Serve warm or cold.

Nutrition Facts

Serving Size 1 fruit pocket (140g)
Servings Per Container 4

Amount Per Serving		Calories from Fat 50
Calories 300		
		% Daily Value*
Total Fat	5g	8%
Saturated Fat	1.5g	7%
Cholesterol	0mg	0%
Sodium	350mg	15%
Total Carbohydrate	55g	18%
Dietary Fiber	4g	16%
Sugars	14g	
Protein	7g	
Vitamin A	0%	Vitamin C 6%
Calcium	10%	Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet.

No-Crust Pumpkin Pie

8 servings



- 2 large eggs OR 3 medium eggs
- 1 can (16-ounces) pumpkin
- 1 cup nonfat dry milk powder
- 2/3 cup brown or white sugar
- 1/4 teaspoon salt
- 1 3/4 teaspoons pumpkin pie spice*
- 1/4 cup whole wheat or white flour
- 1 cup water

1. Preheat oven to 350 degrees.
2. Mix all ingredients except water together in a large bowl.
3. Stir in water gradually until well mixed.
4. Pour into a greased 9-inch pie plate.
5. Bake for 45-55 minutes or until a knife inserted 1-inch from the center comes out clean.
6. If pie isn't eaten within about 2 hours after baking, refrigerate.

*May substitute a combination of 1 teaspoon cinnamon, 1/2 teaspoon ginger and 1/4 teaspoon nutmeg.

Source: Recipe Collection, University of Nebraska, Cooperative Extension Nutrition Education Program.

Nutrition Facts

Serving Size 1/8 pie (107g)
Servings Per Container 8

Amount Per Serving		Calories from Fat 15
Calories 180		
		% Daily Value*
Total Fat	1.5g	3%
Saturated Fat	0.5g	3%
Cholesterol	55mg	19%
Sodium	310mg	13%
Total Carbohydrate	33g	11%
Dietary Fiber	2g	9%
Sugars	28g	
Protein	8g	
Vitamin A	260%	Vitamin C 6%
Calcium	25%	Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet.