

# CSFP Fall Newsletter 2025

*NUTRITION INFORMATION AND RESOURCES FOR MN CSFP CLIENTS*

## Fall Into Fall with Minnesota Produce



As Minnesotans shift from Summer into the fall months and the seasons begin to change, so do the types and tastes of seasonal produce in our beautiful state. What comes to mind when you think of fall produce items? Is it large kernels of sweet corn? Freshly dug potatoes? Round orange pumpkins? What about Minnesota's popular fall fruit celebrities, the delicious Honeycrisp apple? Or the Sweet Tango or the State Fair?

These products are available in the fall and at most Farmer's Markets across the State. This newsletter highlights a few fall favorites.

### Apples

Minnesota's apples are a fall staple, perfect for baking or enjoying fresh from the orchard.

**Honeycrisp:** Adopted as Minnesota's "State Fruit" in 2006, the Honeycrisp apple was produced from a 1960 cross of Macoun and Honeygold apples, as part of the University of Minnesota apple breeding program to

develop a winter-hardy tree with high quality fruit. Today, millions of Honeycrisp apple trees are grown across the U.S. and Canada and as far as South Africa and New Zealand. They are harvested from mid-September to mid-October in east central Minnesota; the optimum harvest usually occurs the last week of September.

### Cranberries

Fresh cranberries are typically harvested from mid-September through early November. They will be trickling into Farmer's Markets starting in October. They are grown on vines in sandy soil, often found in bogs. Add cranberries to apples in homemade applesauce. Or add fresh or dried cranberries to muffins, baked goods, trail mix, oatmeal, and chicken salad.

### Root Vegetables

Carrots, beets, sweet potatoes, parsnips and potatoes are at their peak in the fall, offering vibrant colors and earthy flavors to meals. Potatoes are also called "spuds" for the 15<sup>th</sup>-century tool used to dig them up. Root vegetables are often more budget-friendly than other vegetables and have a longer shelf life.

## Recipe: Cran-Apple Crisp



### Ingredients:

#### For The Filling:

- 4 medium apples, Honeycrisp or Haralsons (cored and thinly sliced)
- ¾ cup fresh cranberries
- ¼ cup granulated sugar
- 1 tablespoon ground cinnamon
- 1 teaspoon ground nutmeg

#### For The Topping:

- 1 cup CSFP rolled oats
- ½ cup all-purpose flour
- ½ cup packed light brown sugar
- ½ cup granulated sugar
- ½ cup (1 stick) salted butter, softened at room temperature
- ¼ teaspoon salt

### How To Make It:

1. Preheat oven to 375°F. Lightly butter a 2-quart baking dish or 8x8-inch square pan.
2. **Make the filling:** Combine apples, cranberries, granulated sugar, cinnamon, and nutmeg in a large bowl. Transfer the mixture to the prepared baking dish.
3. **Make the topping:** In a separate bowl, mix the oats, flour, brown sugar, and granulated sugar. Add softened butter and use a fork to blend it until the mixture is crumbly.
4. **Bake the crisp:** Sprinkle the topping evenly over the fruit mixture in the baking dish.
5. Bake for 40 to 50 minutes, or until the apples are tender and the topping is golden brown.

### References:

1. *Office of the State of Minnesota Secretary of State.* (n.d.). <https://www.sos.mn.gov/about-minnesota/state-symbols/state-fruit-honeycrisp-apple/>
2. *Cranberries.* (n.d.). Center for Agriculture, Food, and the Environment at UMass Amherst. <https://www.umass.edu/agriculture-food-environment/nutrition/publications-resources/produce-spotlight/cranberries>
3. *Cran-Apple Crisp | MyPlate.* (n.d.). <https://www.myplate.gov/recipes/cran-apple-crisp>.

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