



Chicago Academy of

NUTRITION & DIETETICS

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Apple Picking Adventures

by **Nicci** on [September 26, 2013](#) in [Events](#), [Healthy Lifestyle](#), [Holidays](#), [Student Series](#)

By Molly Deprenger

Molly is a Junior Dietetic Intern and Masters Candidate at Rush University Medical Center. This post is the third installment of the new Student Series here on the CAND blog, which features Chicago-area dietetic interns every Thursday. For Molly's full bio, please see below.

Apple Picking Adventures

Autumn is upon us, which means the time has finally arrived to shake the dust off of our cozy sweaters and actively participate in perhaps one of the best processes of transporting food from farm to table – apple picking! Taking family and friends along to enjoy the many apple orchards around Chicagoland provides the perfect opportunity to revel in a seasonal and nutritious snack and also serves as a fun getaway from the noise of the city.

Apples are a wise choice because they are both delicious and filled with nutrients. One medium-sized apple packs four grams of fiber, quick-burning carbohydrates in the form of natural fructose, and about 10% of the Recommended Dietary Allowance (RDA) of vitamin C.

With more than 7,500 varieties of apples it can be difficult to determine which to use in applesauce, baking, and eating fresh – when it comes to their cooking properties, not all apples are created equally. Red Delicious apples are very common and are actually the only apples that are *not* appropriate for cooking. Similarly, Empire and McIntosh become too soft when heated (such as in a pie) but are a great raw addition to salads if you want that sweet crunch or in applesauce (the softer

the better!).

The perfect apples for cooking and baking are Golden Delicious, Crispin, Jonathan, Pink Lady, and Grimes Golden, while the sweet and crisp varieties of Fuji, Braeburn, and Gala apples are predisposed to being eaten raw. In the Midwestern climate, each type of apple ripens at different times throughout the fall beginning in September and ending in mid-October. Orchards will typically indicate which apples will be ripest at the time of your visit.

As I mentioned before, there are many apple orchards in the tri-state area that are close enough to drive to – one of the best our fine state has to offer is All Seasons Orchard in beautiful Woodstock, Illinois. Last weekend I arrived at the orchard with my boyfriend expecting to pick some apples, take a ride in a creaky wagon, and call it a day. What we actually experienced was a crazy, fun-filled day with activities like a petting zoo, pig races (Jennifer Hamiston vs. Pamela Hamderson), a three-mile corn maze, and the most delicious hot apple cider donuts I have ever tasted.



Photos by Molly Deprenger



Photo by Molly DePrenger

We also walked through the apple orchard picking Honeycrisp and Gala apples while munching to our hearts' content. Talk about some serious fiber intake! It was the most fun I've ever had shopping for produce, and taking a more hands-on role in the process made me appreciative of my food and health. If you take some time out of your weekend for an apple-picking adventure, you will no doubt feel the same!



Molly DePrenger is in her first year of Rush University Medical Center's combined Dietetic Internship and Masters of Clinical Nutrition program in Chicago. Molly graduated with a BS in Dietetics from Iowa State University in 2013 and aims to learn more about weight loss and maintenance in obese populations. When she is not studying nutrition she loves to read, catch up on TV shows, listen to WBEZ's 'This American Life', and train for the October Chicago marathon. When Molly graduates from Rush in 2015, she hopes to stay in Chicago and work as a clinical dietitian. You can contact her at molly_m_deprenger@rush.edu.



About Nicci

Nicci Brown, MS, RD is the Blog Editor and a graduate of Rush University Medical Center's combined Masters of Nutrition and Dietetic internship. She is also proud to be an alumni of The Ohio State University, having received her BS in Nutrition and Dietetics from OSU in 2012.

Nicci believes that nutritious eating, exercising regularly, and a joyful approach to each day add up to a healthy lifestyle. Besides nutrition, she takes great joy in reading for fun, exciting forms of exercise, and writing. Nicci is enjoying her new job as a nutrition communications specialist for FoodMinds, LLC and continues to live and thrive in Chicagoland. You can check out more of Nicci's writing in her personal blog "Hey, Good Looking!" at heyheygoodlooking.wordpress.com or you follow Nicci on Twitter (@HeyGL_Nicci) for nutrition tips. If you have any questions or comments or would like to contribute to the CAND blog, feel free

to contact her at brown.nicci@gmail.com.

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📌 adventures, apples, fiber

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Events Calendar

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| MON | TUE | WED | THU | FRI | SAT | SUN |
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WED

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March 2015 Board Meeting

March 11 @ 5:30 pm - 8:30 pm
University of Illinois Applied Health Sciences Building

WED

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Sip and Socialize

March 11 @ 7:00 pm - 11:00 pm

SUN

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PPW Application Deadline

March 15

WED

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Advocacy Day

March 25

THU

26

NNM Family Fit Night

March 26 @ 5:30 pm - 8:00 pm

Upcoming Events

March 2015 Board Meeting

March 11 @ 5:30 pm - 8:30 pm

Chicago IL

Sip and Socialize

March 11 @ 7:00 pm - 11:00 pm

PPW Application Deadline

March 15

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Tweets

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2h

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Happy #NNM! Celebrate #meatlessmonday with @EatRightChicago today. What is your favorite veggie dish? #CAND

 Retweeted by Eat Right Chicago

Expand



Eat Right Chicago

5h

@EatRightChicago

Good Morning @EatRightCT In Chicago we are doing a daily tip for #NNM too. We should coordinate next year since your tips are really great.

Expand



CTAcadNutrDietetics

22h

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#NNM day 8! In honor of Daylight Savings

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