

Food for Thought

Official Newsletter of the 9055 Teaching Kitchen

September 24,
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It's Apple Season...

Did you know that there are 7,500 different kinds of apples in the world? In the United States, 200 different varieties are grown for commercial purposes though only the crab apple is native to this country. As we enter the Fall you will note that many more types of apples typically become available in grocery stores.

Though we identify apples by color (ranging from green through yellow to full on dark red), the taste of the fruit is really the key. Do you like your apples sweet or tart? If you don't know, come by the Snack Zone and do a taste test. We usually have 5-6 different types of apple for you to try.



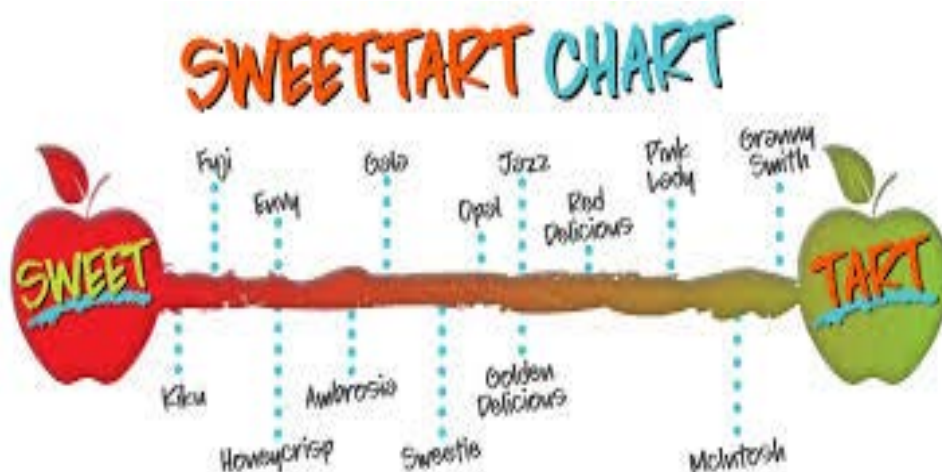
Tasting Tuesday!

September 4th
we tried
Watercress
Sandwiches!

69% liked it 😊

7% didn't like it 😞

24% wouldn't try it ❌



The 9055 Kitchen Welcomes...

Stefanie Bocker!

From September 24 – October 5th, the 9055 Kitchen will be hosting Stefanie Bocker for a dietetic intern rotation. Stefanie is a member of the 2018-2019 VA/MD Women, Infants, and Children (WIC) Dietetic Internship Class. As part of this unique program, she will be experiencing a variety of different contexts for relatively short periods of time. It provides her with a wonderful – though brief – introduction to many different populations with nutritional needs. Please stop by and introduce yourself to Stefanie.



Stefanie likes the green apples.
How about you?

Did You Know?

Did you know that all the back issues of *Food for Thought* and the 9055 Kitchen pictorial recipes are available online?

Check out the “Cooking” tab on the CSS Home Page.



Tasting Tuesday!

September 18th we tried Okra!

67% liked it 😊

13% didn't like it 😞

20% wouldn't try it ❌