



Wolff's News

It's Apple Time!



What's your favorite kind of apple? Not only do the many varieties look different, they taste different as well! Sweet or tart,

crisp or tender, now is the time of year to experiment! Wolff's offers more than 10 different types of apples in September alone! **WOW!**

We're a "Pumpkemon" Stop!

We've got the coolest fall decorations, all grown by local farmers! Check out this little pumpkin called "pumpkemon," or another fun one: "Pumpkin on a Stick!"



Vegetable of the Month: KALE!

Kale is a veggie that grows best in cooler summer and fall months.

Now is a great time to try it! Related to broccoli and cabbage, it actually grows rather sweet as fall turns into winter! Well, as sweet as a vegetable can, that is. Here is an easy way to enjoy it: Ask your parents to make kale chips! Here's how:



Preheat oven to 350°. Remove stems from 1 bunch of kale and tear into large pieces. Rub 1 Tbs. olive oil into the leaves until well coated. Lay the kale out onto two baking sheets. Bake for 5 minutes, or until the leaves start to shrink. Bake 5-10 minutes more, or until crispy. Sprinkle with salt to taste... and eat them like they're guilt-free potato chips! Yum!

WORD SEARCH CHALLENGE!

"Find your Veggies!"

A E U S P I N A C H D O
L Z Z U C C H I N I U C
J X G S I L M D E A B A
M F D Q T Q R C P S R U
Z P W U X J E A O P O L
C E C A T K D R N A C I
O A E S L V P R I R C F
R S L H E B E O O A O L
N J E K E E P T N G L O
R M R A K A P T W U I W
G L Y L Q N E K Q S G E
K R P E L S R F A D B R

ONION
CORN
ZUCCHINI
REDPEPPER
CAULIFLOWER
BEANS
BROCCOLI
CELERY
ASPARAGUS
SQUASH
SPINACH
LEEK
PEAS
CARROT
KALE

Apples come in so many different colors! Red, Green, Yellow, Orange, and Pink are the most common.

What color do you want to make your apple?

