

LEARN



McIntosh

facts

- Spanish translation: *La manzana* • Hmong translation: *Txiv Av Paum*
- There are over 7,500 varieties of apples grown across the world. Some Wisconsin favorites include Gala, McIntosh, Golden Delicious, Honey Crisp, and Cortland.
- Apples were used as symbols of love in ancient Rome and Greece.
- Wisconsin orchards produce over 49 million pounds of apples each year.
- Johnny Appleseed was a real person and his true name was John Chapman. He was born in 1774 and traveled through Pennsylvania, Ohio, and Indiana planting thousands of apple trees and teaching farmers how to care for them.
- Apples are very popular, each person eats around 65 apples per year!



Golden Delicious



Gala

EAT



nutrition & seasonality

- **Key nutrients:**
 - Fiber - Keeps digestion running smoothly.
 - Vitamin C - Helps wounds heal, is important for the immune system, and is an antioxidant, which protects cells from damage.
 - Potassium - Helps maintain normal blood pressure.
- In Wisconsin, apples are typically ripening and ready to pick in late August through October.

TASTE



Nutritious,
Delicious,
Wisconsin!

taste testing

Gather three or four varieties of Wisconsin apples for a special taste testing. Choose varieties with different skin colors and sizes. Wash the apples under cold running water, dry, and cut into slices. You can also serve sun butter as a nut-free dip! Before handing out the snack explain the rules of the taste test. Do not yuck someone else's yum. That means no saying ew, yuck, gross or anything negative. Encourage kids to use their five senses to observe, smell, feel, listen, and taste the apples. Ask kids which apple they like best.



— Credit: Madison Soukup, AmeriCorps Farm to School Specialist

In October you can participate in the Great Lakes Great Apple Crunch by crunching into locally and regionally grown apples. How loud can you CRUNCH?

FUN



activity: Flower to Fruit Theater

Objective: Kids will learn how fruits grow and develop.

Supplies: Photos or drawings that represent different stages in the development of flowers and fruit. For apples, gather photos of an apple blossom, a bee on the blossom, fruit starting to form, a small apple, and a mature apple.

Procedure: Kids will participate as either actors or directors. The actors come to the front of the room and hold a photo or drawing of an apple at different stages of development. The directors help put the actors in the correct order to represent the development of the flower and growth of the fruit. Ask the actors to hold their photo or drawing still so it can be easily seen. They also need to take direction even if they disagree with where they are being placed. The directors should take turns offering suggestions. Use clues and leading questions, if needed, to help kids put the photos in the right order.

— Adapted from: *Got Veggies? A Youth Garden-Based Nutrition Education Curriculum*

This activity can be done in multiple settings: classroom, outdoors, garden, or virtual.

Tips for adapting to virtual learning: Share the photos or drawings of different stages in the development of apple tree flowers and fruit with kids. Ask them to place the pictures in the correct order. Have kids write a short story about the development of the apple.

Share pictures and engage with the Wisconsin Harvest of the Month community by using #WIHarvestoftheMonth on social media."

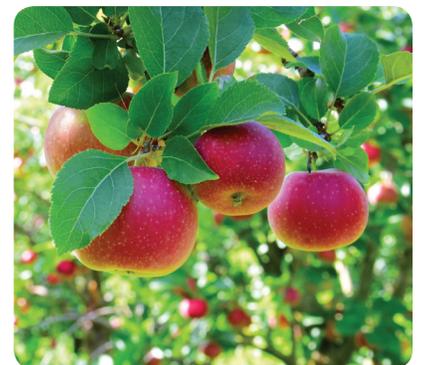


READ



books

- *Apples* by Gail Gibbons
- *Applesauce Season* by Eden Ross Lipson
- *How do Apples Grow?* by Betsy Maestro
- *How to Make an Apple Pie and See the World* by Marjorie Priceman
- *Apples, Apples, Apples* by Nancy Elizabeth Wallace
- *Ten Red Apples* by Pat Hutchins
- *The Apple Pie Tree* by Zoe Hall
- *Apple Farmer Annie* by Monica Wellington



GARDEN CONNECTION

planting

Apples grow into trees from seeds or from a technique called grafting, where a branch of one apple tree is attached to another tree. Grafting allows farmers to experiment with growing different varieties of apples. Growing apples requires planting more than one variety for pollination. You also need patience because apple trees take four or five years to produce their first fruit!

harvesting

Apple harvest occurs in the fall. When selecting apples that are already picked, choose firm, shiny, smooth-skinned apples with intact stems. Apples should smell fresh, not musty.