



early childhood

ACTIVITY GUIDE

APPLES

LEARN



facts

- Spanish translation: *La manzana*
- Hmong translation: *Txiv Av Paum*
- Apples are fruit that grow on trees.
- Johnny Appleseed traveled through Pennsylvania, Ohio, and Indiana planting thousands of apple trees and teaching farmers how to care for them.



Gala



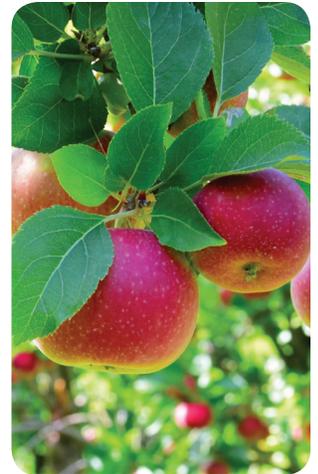
McIntosh



Golden
Delicious



Cortland



EAT



nutrition & seasonality

- Apples have vitamin C. Vitamin C helps keep us healthy by supporting our immune system. Share with children: Vitamin C helps our bodies fight sickness.
- 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 different types of Wisconsin apples for children to try. Choose varieties with different skin colors and sizes. Some favorite Wisconsin apples include Gala, McIntosh, Golden Delicious, Honey Crisp, and Cortland. Wash the apples under cold running water, dry, and cut into slices. Give children a variety of apples to try and ask which apple slice makes the loudest crunch. You can also roast apple slices in the oven for a different flavor and sensory experience. Toss apple slices with oil or unsalted butter and bake at 350°F until soft.



FUN



Apple Core Painting

On a day that you are exploring apples, save the cores to use at the art table to paint with. Provide children with finger paint and paper. Put the paint in shallow trays. Use the cores to roll in the paint and then roll or stamp onto the paper.

— Adapted from: *Montana Harvest of the Month*

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



READ

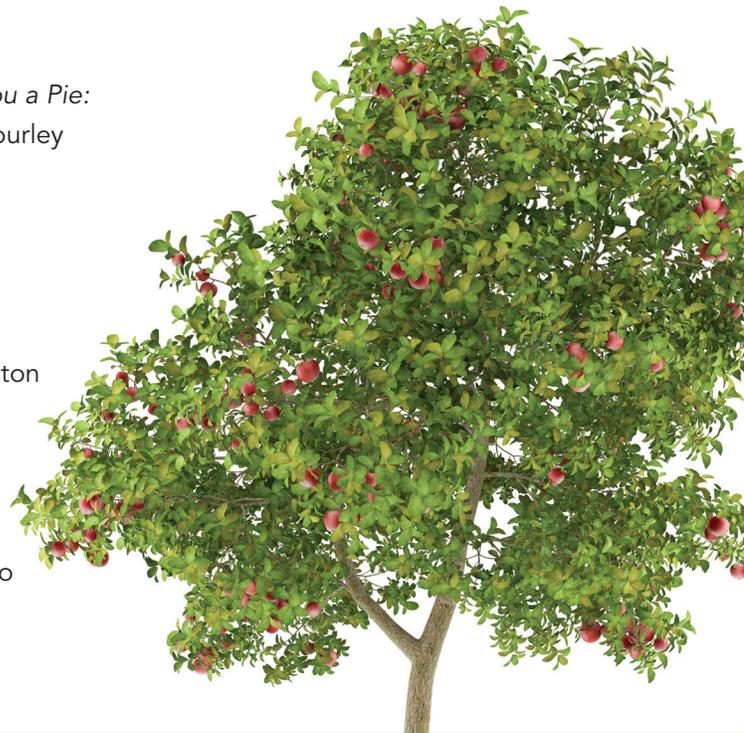


books

- *Bring Me Some Apples and I'll Make You a Pie:*
A story about Edna Lewis by Robbin Gourley
- *Apples A to Z* by Margaret McNamara
- *The Apple Pie Tree* by Zoe Hall
- *Bad Apple-A Tale of Friendship*
by Edward Hemingway
- *Apple Countdown* by Joan Holub
- *Apple Farmer Annie* by Monica Wellington
- *Apples* by Gail Gibbons
- *The Seasons of Arnold's Apple Tree*
by Gail Gibbons
- *Ten Red Apples* by Pat Hutchins
- *How do Apples Grow?* by Betsy Maestro
- *Johnny Appleseed* by Jodie Shepherd
- *Apple* by Nikki McClure



Honey Crisp



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.