

First Week of December
Get Local @ School Product of the Month = Apples

What's Growing?



Although apple picking season is over, apple eating season has just begun. Many varieties, including Fuji, Arkansas Black, and Pink Lady, store well enough to keep all winter for cooking, baking, and munching. You can cut apples into rings and dry them to make delicious snacks to save. If your students are particularly excited about apples, consider planning to plant an apple tree in your own class garden. The best times to plant apple trees are early winter and early spring.

Activities

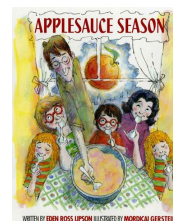
Visit the Growing Minds website for more ways to tie Farm to School in with curriculum:
www.growing-minds.org

- ◆ Make a seed-to-market apple sequence chain. Have students draw and cut out pictures of the steps in an apple's growing process. Punch 2 holes in each and string them in order onto a piece of yarn to make the chain.
- ◆ Split the class into groups and give each group a different variety of apple, one whole and one sliced. Have the students observe their apples using their five senses. Ask each group to teach the class about their variety, explaining what they observed. Each group can make a poster about their variety to display.

Farm to School

Book of the Week

Applesauce Season
Eden Ross Lipson



A boy and grandmother pair team up to make several batches of applesauce throughout apple season. They pick the best apples

from the farmers market and work together in the kitchen to craft this delicious, seasonal treat. Step-by-step instructions and a detailed recipe are included to help readers recreate Grandma's applesauce.

Journal Topics

Take your students to the garden with their journals and encourage them to write on one of the following topics:

- ◆ Describe a time you cooked something with a family member. What were the ingredients? What were the steps? How did it taste when you were finished?
- ◆ Write down some questions you have about how and where apples are grown. Who could you ask to find the answers?
- ◆ What does the inside of an apple look like? Do the insides of different varieties look different? Write down some differences between the varieties you saw.

Get Local recipe:

Apple Squash bake

- 1 winter squash, whole
- 3 apples
- 1/2 cup walnuts, chopped
- 2 Tbsp maple syrup
- 1/2 teaspoon cinnamon
- 1/2 cup apple cider
- 1/4 cup cranberries
- 1/4 cup water



Steps

1. Peel and cube squash and apples.
2. Place squash in baking dish with a maple syrup, cinnamon, walnuts, cranberries, and apple cider.
3. Stir until squash pieces are coated.
4. Place the mixture in baking dish, add water, and cover with foil.
5. Bake until squash is almost tender.
6. Add apples.
7. Bake until apples are tender.
8. Enjoy!

Find more apple recipes at <http://growing-minds.org/recipesforkids.php>