

# Jersey Fresh Farm to School Week -- Last full week of September

## National Farm to School Month -- October

### Jersey Fresh F2S Spirit Week and F2S Month:

<https://nj.gov/agriculture/farmtoschool/programs/spirit-week/>

### Jersey Tastes! Harvest of the Month Activity Sheets:

<https://nj.gov/agriculture/farmtoschool/programs/>

### Jersey Tastes! Recipes and Videos:

<https://nj.gov/agriculture/farmtoschool/programs/recipes.shtml>

### NJ F2S Lesson Plans:

<https://nj.gov/agriculture/farmtoschool/educators/lessons/>

Celebrate by serving Jersey fresh **APPLES** in your FFVP program!



### FRUIT & VEGETABLE IDEAS Classroom Link...

Quick Steps to increasing your students' knowledge of Apples... *Items in bold are enclosed.*

- ✓ Review “**Fact Sheet**” and “**Fun Facts**” *(Students make announcements on FFVP snack days)*
- ✓ Have students color “**Anthony Apple**”
- ✓ Have students complete “**Apple Trivia**”
- ✓ Have students search for the words in “**Applerrific**”
- ✓ Taste different varieties of Jersey apples
- ✓ Conduct a contest --- Let students vote for their favorite variety of apples  
*(Incorporate into a math lesson & let students tally, do graphs...)*
- ✓ Feature a “Wear your Favorite Apple Color Day” --- red, green, yellow/golden  
*(Students wear their favorite apple color on that day)*
- ✓ Have students research different kinds of apples --- Fuji, Gala, Winesap...  
*(Select students to make announcements, classroom presentations...)*
- ✓ Incorporate apple info. into a health project *(nutritional benefits of eating apples),*  
language arts class *(Write about the appearance & taste of apples) ...*
- ✓ Invite a farmer to your school to discuss how apples are grown
- ✓ Take students on a trip to a farm to see how apples are harvested



## Home Link...

**Quick Steps to more fruits and vegetables at home ...** *Items in bold are enclosed.*

- ✓ **Kids' Kitchen Recipes** --- Remind parents/guardians to try recipes with their children! Encourage making **Apple Rings** as a family activity!
- ✓ **Recipes for Home** --- Try new **Apple Sandoodle** recipe at home!



# **Apples**

## **Fact Sheet**

### **Where did they come from?**

Apples have been grown for over 5,000 years. Apples can be traced back to the Romans and Egyptians who introduced this fruit to the British. Early Americans brought seeds from Europe and planted the first apple trees in Massachusetts and Virginia. Johnny Chapman, more commonly known as “Johnny Appleseed”, planted apple seeds wherever he traveled in the United States. Currently, at least 50% of apples grown in the United States are fresh, while the other 50% are used for juices, applesauce, jellies or dehydrated apple products. Today, Americans eat over 120 fresh apples each, per year!



### **Where do they grow?**

Apples are grown throughout the United States, but Washington State produces the most apples each year. This state produces more than half of the fresh apples grown in the country. They sell their apples to all 50 states and over 40 countries. Other states, which are top producers of apples, include New York, New Jersey, California, Michigan, Pennsylvania and Virginia. New Jersey’s leading counties that produce apples are Gloucester, Camden, Cumberland and Warren. Imported apples are grown in Canada and New Zealand. Most apple varieties are available all year round, but some varieties are only available a few months of the year.




### **How do they grow?**

Commercial apples are not grown from seeds but through grafting or budding to produce trees that will bear fruit. Apple trees require fertile soil, adequate amounts of water, and grow best where the climate is hot during the day and cool at night. Once the apple tree is planted, it takes about 2-3 years for the tree to produce fruit. The apple tree will grow buds or short shoots which bloom into apple blossoms and form the fruit. When the fruit is mature and ripe, the apples are hand-picked.

### **Are they healthy?**

-  Good source of fiber, potassium and vitamin C.
-  Contains no fat, cholesterol or sodium.

### **How do you pick a good one?**

-  Choose apples that are firm.
-  Select ones with a shiny skin, not dull.
-  Avoid those with soft spots, bruises, punctures, or discoloration.

# 😊 FUN FACTS! 😊

## Apples

### Did you know...

- 😊 **Did you know one apple has 5 grams of fiber, which provides 20% of the daily fiber recommendation?**
- 😊 **Did you know that apples are in the rose family?**
- 😊 **Did you know that in one year, an apple tree produces enough apples to fill 20 each, 42-pound cases of apples?**  
(One tree produces 840 lbs. of apples per year!)
- 😊 **Did you know there are many different varieties of apples?**  
(Braeburn, Golden & Red Delicious, Fuji, Gala, Jonagold, Rome Beauty, Granny Smith, Winesap, McIntosh, Pink Lady, Cameo, York, Ginger Gold, Jonathan...)
- 😊 **Did you know apples float because 25% of their volume is air?**
- 😊 **Did you know there are over 7,000 varieties of apples grown throughout the world?**
- 😊 **Did you know New Jersey's first apple seed was planted in 1639?**
- 😊 **Did you know apples can be red, green or even yellow in color?**
- 😊 **Did you know Granny Smith apples are bright green and are delicious, either cooked or eaten raw?**  
(If you like tart, crispy foods --- then this apple is for you!)
- 😊 **Did you know that you could reduce the fat and calories in baked goods by substituting applesauce for shortening or oil?** (Substitute the same amount of applesauce for the shortening or oil; for example, use a 1/2 cup applesauce instead of a 1/2 cup of oil. Try replacing only half the amount of shortening or oil in the recipe first, to see how it turns out!)
- 😊 **Did you know you could prevent cut, fresh apples from turning brown by dipping them in a solution of lemon, orange or pineapple juice and water?**  
(Use 1 part juice to 3 parts water as a dipping mixture.)

**Remember ...**

**Eat more fruits and vegetables every day!**

## Types of New Jersey Apples

Of the over 30 different apple varieties grown in New Jersey, the Winesap is the oldest, dating back to the late 1700s. Other popular varieties grown in New Jersey include Red and Golden Delicious, McIntosh, and Granny Smith. But to give consumers a larger assortment of this popular fruit, researchers are always testing for new varieties.

[https://www.nj.com/entertainment/2017/10/types\\_of\\_apples\\_in\\_new\\_jersey.html](https://www.nj.com/entertainment/2017/10/types_of_apples_in_new_jersey.html)

A listing of where to find New Jersey Apples can be obtained through:

*New Jersey Apple Industry  
Advisory Council  
609-292-8853*

### **CORTLAND**

- Slightly tart taste
- Excellent for eating, salads, sauces, pies & baking.
- Good for freezing.

### **EMPIRE**

- Blend of sweet-tart taste.
- Excellent for out of hand eating & salads.
- Good for baking, pies, sauce & freezing.

### **FUJI**

- Very sweet taste.
- Excellent for out of hand eating & salads.
- Good for sauce.

### **GALA**

- Mildly sweet flavor.
- Excellent for out of hand eating & salads.

### **GOLDEN DELICIOUS**

- Sweet taste.
- Excellent for out of hand eating, salads & sauces.
- Good for baking, pies & freezing.

### **GRANNY SMITH**

- Tart tasting.
- Good for all-purpose use.

### **JONATHAN**

- Slightly tart taste.
- Good for all-purpose use.

### **JONAGOLD**

- Sweet with a hint of tartness.
- Excellent for out of hand eating, salads, sauces & baking.
- Good for use in pies & freezing

### **MACOUN**

- Very sweet flavor.
- Excellent for out of hand eating.
- Good for sauces & salads.

### **McINTOSH**

- Sweet with a slightly tart taste.
- Excellent for out of hand eating & sauces.
- Good in salads & pies.

### **RED DELICIOUS**

- Sweet taste.
- Excellent for out of hand eating & salads.

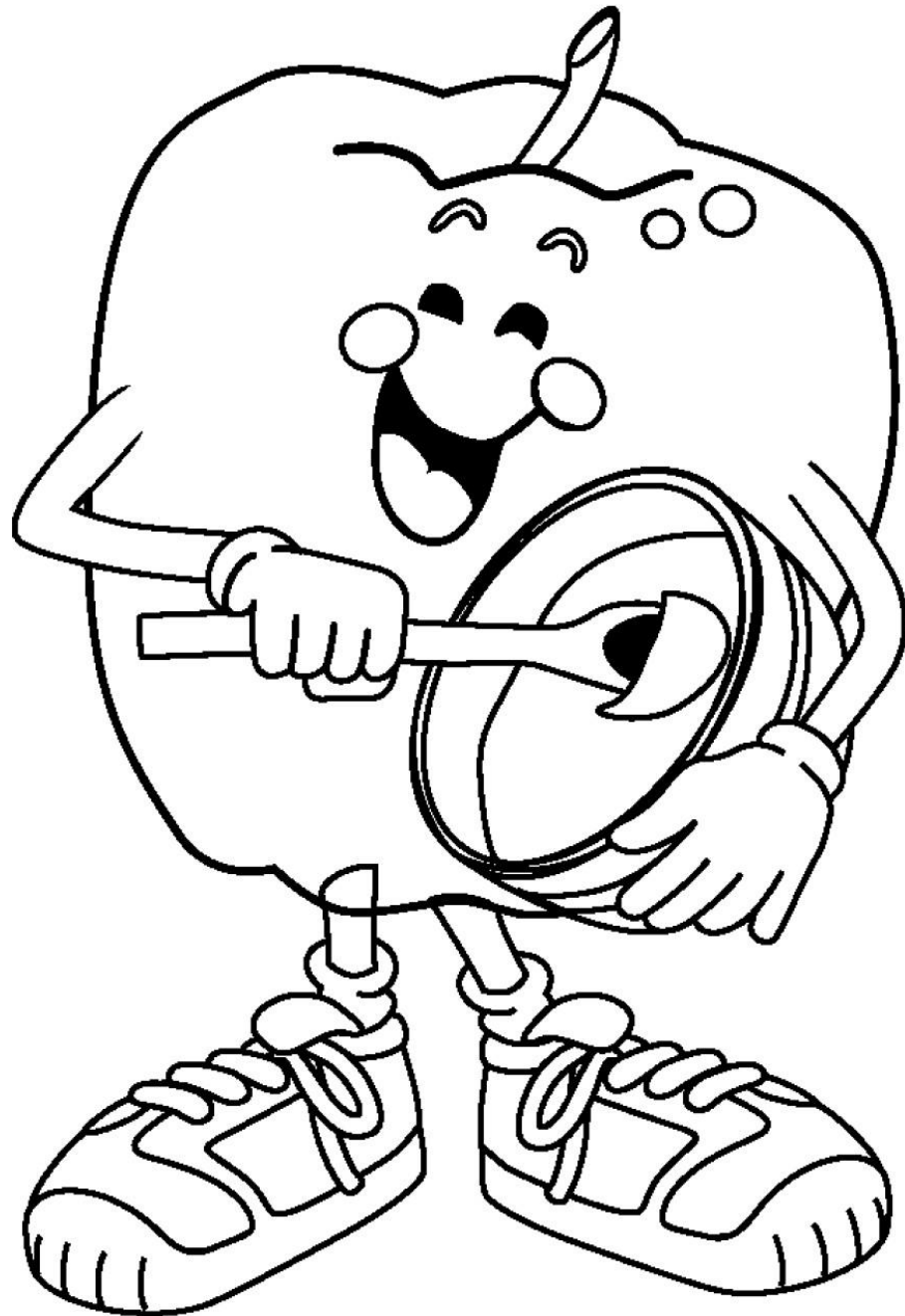
### **STAYMAN/STAYMAN WINESAP**

- Slightly tart taste.
- Good for all-purpose use.



## Classroom Link... Anthony Apple

From: Dole 5-A-Day Web-Site; <https://www.superkidsnutrition.com/nc.dole5aday/>









## Classroom Link...



### APPLE TRIVIA



1- How many different apple varieties are there?

\_\_\_15     \_\_\_7,500     \_\_\_400     \_\_\_6

2- Apples are harvested by?

\_\_\_Horse     \_\_\_Tractors     \_\_\_People     \_\_\_Helicopters

3- When are apples harvested?

\_\_\_Winter     \_\_\_Spring     \_\_\_Summer     \_\_\_Fall

4- How many seeds are in an average apple?

\_\_\_5     \_\_\_1     \_\_\_3     \_\_\_16

5- How many grams of fiber are in an apple?

\_\_\_1     \_\_\_3     \_\_\_5     \_\_\_12

6- Which state grows the most apples in the U.S.?

\_\_\_Michigan     \_\_\_Washington     \_\_\_New York     \_\_\_Alaska

7- How many fresh apples, on an average, does an American eat in one year?

\_\_\_5     \_\_\_50     \_\_\_35     \_\_\_120

8- What is the most popular apple variety in the United States?

\_\_\_Golden Delicious     \_\_\_Granny Smith     \_\_\_Fuji     \_\_\_Red  
Delicious     \_\_\_Gala



## Classroom Link...



### APPLE TRIVIA ANSWERS



1-How many different apple varieties are there?   X   7,500

*Only a handful are available in your supermarket!*

2-Apples are harvested by?   X   People

*In Washington State, workers harvest over 3 billion apples by hand each fall.*

3-When are apples harvested?   X   Fall

*Apples are picked between August and early November. Advanced storage technology keeps them fresh year-round!*

4-How many seeds are in an average apple?   X   5

*Apples contain 5 seed pockets. Usually, each pocket contains a seed.*

5-How many grams of fiber are in an apple?   X   5

*A medium apple contains 5 grams, 20% of the recommended daily allowance.*

6-Which state grows the most apples in the U.S.?

  X   Washington

*This state produces 6 of every 10 apples consumed in the U.S.*

7-How many fresh apples, on an average, does an American eat in one year?   X   120

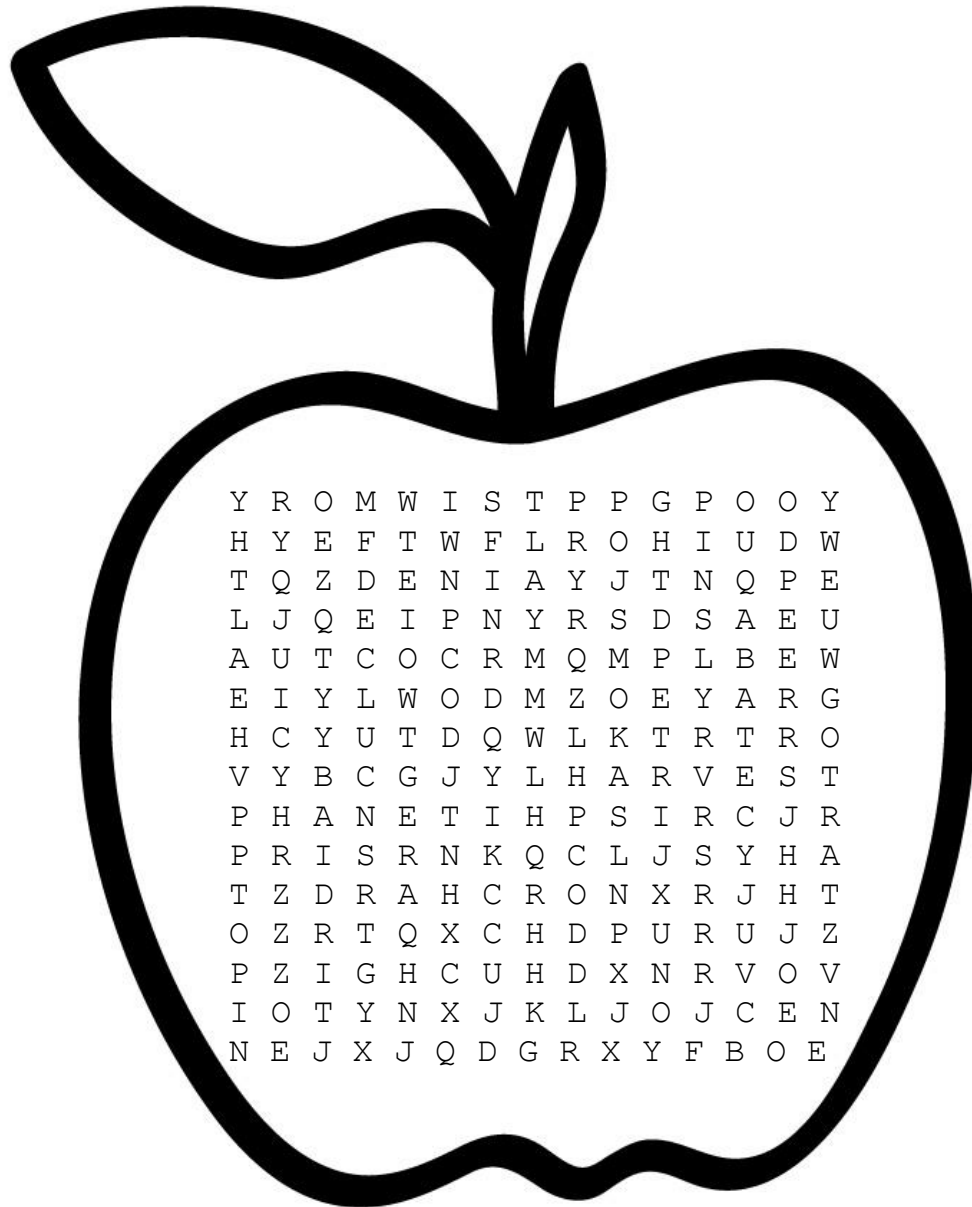
8-What is the most popular apple variety in the United States?

  X   Gala



Classroom Link...

## APPLERRIFIC



Can you find the words hidden in the apple?

- |            |                 |
|------------|-----------------|
| 1. BEE     | 8. JUICY        |
| 2. CIDER   | 9. ORCHARD      |
| 3. CRISP   | 10. POLLINATION |
| 4. CRUNCHY | 11. SWEET       |
| 5. FARMER  | 12. TART        |
| 6. HARVEST | 13. TRACTOR     |
| 7. HEALTHY |                 |

-Use these words to write a story about apples.



Classroom Link...

# APPLERRIFIC

## Solution

```
+ H C R I S P + + + N + T + +  
+ E + + + + + + + O + R + + +  
+ A + + + + + + I + A + + + +  
+ L + + + + + T + C + + + + +  
+ T S E V R A H T + + + + T +  
+ H + + + N + O + + + + E + +  
+ Y + + I + R + Y + + E + + +  
C + + L + + + + C + W + + + +  
+ R L + + R + + I S + B + + +  
+ O U C + + E + U + E + + + +  
P + + N I + + M J E + + + + +  
+ + + + C D + + R + + + + T +  
+ + + + + H E + + A + + + A +  
+ + + + + Y R + + F + + R +  
+ + O R C H A R D + + + + T +
```

(Over,Down,Direction)

BEE (12,9,SW)

CIDER (4,10,SE)

CRISP (3,1,E)

CRUNCHY (1,8,SE)

FARMER (11,14,NW)

HARVEST (8,5,W)

HEALTHY (2,1,S)

JUICY (9,11,N)

ORCHARD (3,15,E)

POLLINATION (1,11,NE)

SWEET (10,9,NE)

TART (14,12,S)

TRACTOR (13,1,SW)



**Home Link...**



# KIDS' KITCHEN



## Apples

### How to Cut and Slice Apples:

- 1-Rinse under cold running water, but do not peel
- 2-Secure the apple on a cutting board
- 3-Cut in half
- 4-Slice away core and seeds
- 5-Place apple flat side (flesh or white part) down on cutting board
- 6-Cut fruit into desired thickness
- 7-Protect cut apples from turning brown by dipping them in a mixture of one part citrus (orange or lemon juice) and three parts water

### Fun Ways to Eat:

- Munch on raw wedges with dip
- Chop and add to cereal
- Bake in cobblers, crisps, pies, cakes and breads
- Add to tossed salad for crunch
- Add to fruit salads
- Bite into a crunchy fresh whole apple; Try a new variety each week

### Fun Kids'

### Recipes:

(Note to Parents/Guardians: All recipe preparation should be supervised by an adult.  
Safety in the kitchen is very important!)

The following recipes are attached and include apples as an ingredient:

- Sandoodles**  
(If allergic to peanut butter --- substitute low fat cream cheese, sunflower butter or almond butter for peanut butter)
- Apple Crumb**
- Apple Rings**





## Sandoodles



This amazing recipe was created by an amazing 5 A Day kid! Savannah Ellis of Peabody, Massachusetts, submitted this recipe for a Dole "5 A Day Kids Snack Recipe Contest" and won first place in the "No Cooking Required" category.

Makes 4 sandoodles

### Ingredients:

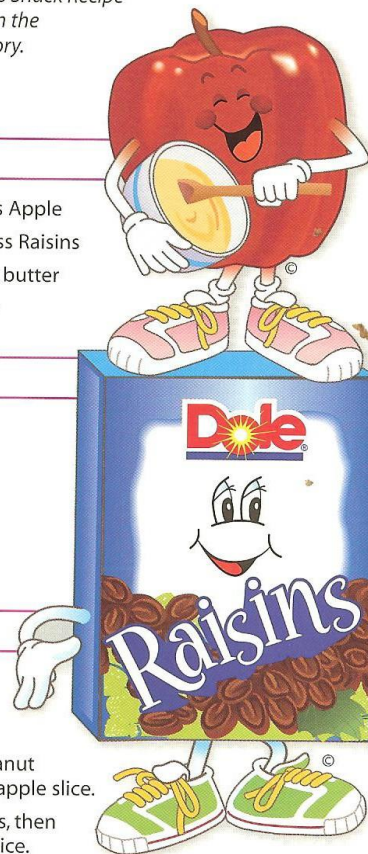
- 1 large DOLE® Red Delicious Apple
- 2 tablespoons DOLE Seedless Raisins
- 2 teaspoons creamy peanut butter
- 1 teaspoon cinnamon sugar

### You will need:

- Apple corer
- Cutting board
- Knife
- Measuring spoons
- Two small plates

### Here's how:

- 1 Core the apple; slice into at least eight slices, about 1/4-inch thick.
- 2 Spread a thin layer of peanut butter on one side of an apple slice.
- 3 Sprinkle with a few raisins, then top with another apple slice. Sprinkle the top of your sandoodle with a little cinnamon sugar.
- 4 Continue assembling your sandoodles until all the apple slices have been used. Place two sandoodles on each plate, Serve and enjoy!

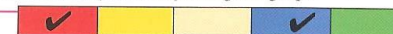


### Nutrition Information (per serving)

Makes 4 sandoodles. Two sandoodles provide 1 - 5 A Day serving of fruit.

Calories	125	Dietary Fiber	3 grams
Total Fat	3 grams	Protein	2 grams
Saturated Fat	0.5 gram	Vitamin A	56 International Units
Cholesterol	0 milligrams	Vitamin C	5 milligrams
Sodium	30 milligrams	Calcium	9 milligrams
Potassium	218 milligrams	Iron	0.2 milligram
Total Carbohydrate	25 grams	Folate	7 micrograms

This recipe is approved and provides fruits in the following color groups:



**NOTE: If allergic to peanut butter --- substitute low fat cream cheese for peanut butter**

**“ 5 A Day Kids**



## 5 A DAY AND APPLES

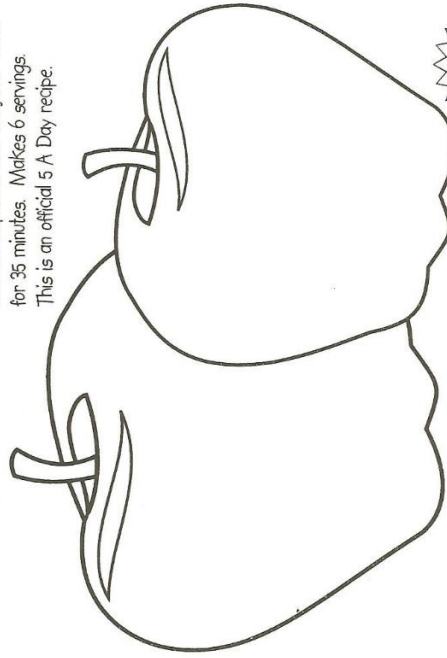
### KIDS ACTIVITY SHEET

Try this fun & easy recipe

### APPLE CRUMB

- 6 medium apples, peeled & cored
- 1 1/2 cups dry rolled oats
- 2/3 cup brown sugar, unpacked
- 1/2 cup all-purpose flour
- 4 tbsps. unsalted butter
- 1 tsp. cinnamon
- 1/4 tsp. nutmeg
- 2 tbsps. orange juice

With the help of an adult, preheat oven to 375°. Lightly butter an 8" baking pan. Slice apples and place in pan. In a bowl blend oats, brown sugar, flour, butter, cinnamon, and nutmeg until it forms a coarse meal. Crumble the mixture evenly over apple slices and sprinkle with the juice. Bake for 35 minutes. Makes 6 servings. This is an official 5 A Day recipe.



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## WHAT IS A SERVING?

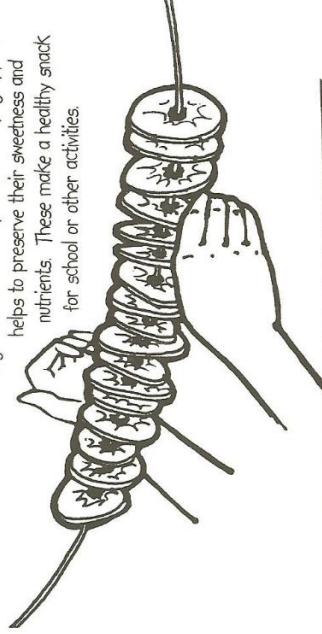
**A 5 A DAY SERVING SIZE IS SMALLER THAN YOU THINK.**  
 1 medium-size fruit = 3/4 cup (6 oz.) of 100 percent fruit or vegetable juice = 1/4 cup of dried fruit  
 1/2 cup of cooked, frozen, or canned vegetables or fruit = 1 cup of raw leafy vegetables  
 1/2 cup of cooked dry peas or beans = 1/4 cup of dried fruit

### APPLE RINGS

You will need:

- 4 apples
- 1 tsp. lemon juice
- 3 tbsps. water
- sturdy thread or twine

With the help of an adult, core and slice apples into rings about 1/8" thick. Mix the lemon juice and water in a shallow dish. To prevent discoloring, dip each ring into the lemon-water mixture. String fruit through center of each ring and hang in a dry, warm place. The rings will take about two weeks to dry. When dry, the rings will have a chewy texture. Drying apples helps to preserve their sweetness and nutrients. These make a healthy snack for school or other activities.



Eat 5 or more servings of fruits and vegetables  
a day for better health

**FOR MORE FUN FOR KIDS,  
GO TO [WWW.5ADAY.COM](http://WWW.5ADAY.COM)**

