

FoodShare's Harvest of the Month

**Welcome to FoodShare's first
Harvest of the Month school newsletter!**

Each month, FoodShare will be featuring a seasonal fruit or vegetable, along with:

- Fun Facts
- Farmer Profiles
- Recipe Ideas
- Classroom Activity Ideas
- & Much More!

February Feature:

Apples



Farmer Profile:

**Norfolk Fruit
Growers'
Association
Simcoe, Ontario**

The Norfolk Fruit Growers' Association is a co-operative organization of fruit growers that was chartered in the town of Simcoe, in the County of Norfolk on March 26th 1906.

Together with 17 charter members, James E. Johnson, the founder of the co-op, set out to organize Norfolk County's numerous small-acreage farmers into a solid and knowledgeable force that could realize the benefit of pooling their product. Norfolk Growers Association is also LFP certified, meaning they work towards a more sustainable farming and marketing practice.

Find out more at www.nfga.ca.

+ Did You Know?

- 🍏 Apples are members of the **Rose family!**
- 🍏 It takes energy from **50 leaves** to produce one apple.
- 🍏 It takes **four apples** to make one glass of apple juice.
- 🍏 Apples have existed as a wild fruit since prehistoric times, and have been cultivated for over **3,000 years!**

Super Fast & Tasty!

Sweet & Spicy Apple Slices

Ingredients: Apples, apple corer and slicer, limes, cayenne powder, sea salt, ground cinnamon & grown ginger.

Directions: Use the apple corer and slicer to make one apple slice per student. Squeeze some of the lime on each slice to stop browning. Sprinkle with either the salt & cayenne or cinnamon & ginger spices. Enjoy!



Food Share

FoodShare Toronto 90 Croatia Street Toronto, ON M6H 1K9
Tel: 416.363.6441 Fax: 416.363.0474 www.foodshare.net





Celebrate this month's feature ingredient by participating in **The Great Big Crunch!** For more information on how to participate, see our website: www.foodshare.net.

WIN! Register your school early and go into the draw to win one of 20 Great Big Crunch classroom tool kits, valued at \$150! Simply submit your Great Big Crunch poem along with your registration details before February 15th for your chance to win!



Classroom Activity Idea

If the Earth Were an Apple...



(Adapted from <http://www.alabamaitc.org/fall00/earth.html>)

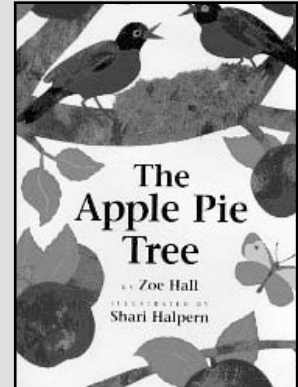
You Will Need:

One apple and one small, sharp knife.

Directions:

1. Slice an apple into quarters.
2. Set aside three of the quarters. These represent the *oceans of the world*. The fourth quarter represents the total land area left.
3. Slice this land quarter in half, giving you two $1/8^{\text{th}}$ world pieces.
4. Set aside one piece. This is land *inhabitable for people* (polar areas, deserts, swamps, very high or rocky mountainous areas.)
5. The other $1/8^{\text{th}}$ piece is the land area where people live, but does not necessarily grow the foods needed for life.
6. Now slice this $1/8^{\text{th}}$ piece into four sections, giving you four $1/32^{\text{nd}}$ pieces.
7. Set aside three of these pieces. These are areas *too rocky, too wet, too cold, too steep, or with soil too poor* to produce food. They also include the areas of land that could produce food but are buried under *cities, highways, suburban developments, shopping centers, and other structures* that people have built.
8. This leaves a $1/32^{\text{nd}}$ slice of the earth. Carefully peel this slice. This tiny bit of peeling represents the *top soil*, the very thin skin of the earth's crust upon which humankind depends. Less than five feet deep, it is a fixed amount of food-producing land.
9. When we see the small amount of land that produces our food, it's easy to see that protecting land resources are important. Healthy soil means healthy food and healthy people. We must protect the environmental quality of our air, water, and land.
10. Remember: *It takes 100 years to make 1 inch of topsoil.*

Feature Book



Title: *The Apple Pie Tree*

Author: Zoe Hall

Publication Date: 1996

Publisher: Blue Sky Press

ISBN: 0590623826

Age: Pre School-Grade 1.

Description: From bud to fruit, two children follow the cycle of an apple tree as it is nurtured through the seasons. The book incorporates the role of bees and the weather in the production of the fruit. The story ends with a nice, warm apple pie being taken from the oven. The large pictures and text are suitable for young children. An endnote shows how bees pollinate the tree's flowers and offers a recipe for apple pie.

(Book Description, Amazon.com)



FoodShare Toronto 90 Croatia Street Toronto, ON M6H 1K9
Tel: 416.363.6441 Fax: 416.363.0474 www.foodshare.net

