

FoodShare's Harvest of the Month

February Feature:

Apples



This month we are featuring apples to get you excited about our upcoming annual *Great Big Crunch* event! Join thousands of students as we celebrate this versatile fruit by registering your class to participate in taking a synchronized bite into a delicious apple, on March 8th. For more information on how to participate visit www.foodshare.net, or contact brooke@foodshare.net.

In the meantime, include some *apple-icious* activities such as taste testing, dissecting, and cooking apples throughout this month to prepare your students for the big day!

What's worse than finding a worm in your apple?

Finding only half a worm!

Did You Know?

- 🍏 Most of an apple's nutrients are contained in the skin.
- 🍏 Apples are a good source of fibre and contain phytonutrients which help regulate blood sugars.
- 🍏 Settlers used apple tree bark simmered in water to make yellow dye for clothing.
- 🍏 Making a poultice (grated apple) to put on eyelids for 20 mins. helps to relieve swelling, irritation, and sunburn.
- 🍏 The crabapple is native to North America.

Taste Testing

Get several kinds of apples from the farmers' market (choose 4 or 5 if they have a large variety) and bring them into class.

Allow the students to try a piece of each one before voting on their favorite apple (based on taste, crunch, colour or some other criteria set by the students).

Ask students to share why they chose that apple and keep a running tally. Older students can make their own tally charts or graphs.

From: www.dcfarmtoschool.org



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 26, 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 Fruit Growers' Association is also LFP certified, meaning they work towards more sustainable farming and marketing practices.

Find out more at www.nfga.ca.



FoodShare

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Celebrate this month's feature ingredient by participating in the **Great Big Crunch** – Schedule for Thursday, March 8 2:30pm EST!

In its fifth consecutive year, FoodShare's Great Big Crunch needs your support to reach our goal of 200,000 crunchers. No group is too big or small to register, so get involved!

For more information on how to participate visit: www.foodshare.net, or contact brooke@foodshare.net



Classroom Activity Idea



Raw Spiced Applesauce

You'll Need

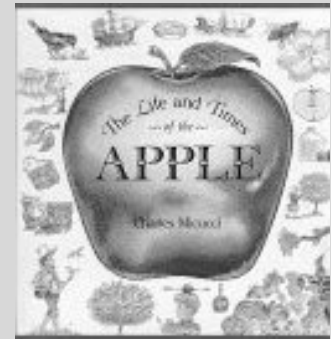
- 4 apples (about 1 ¼ lbs.), left unpeeled, cored, and cut into small chunks
- ½ teaspoon orange zest
- 2 tablespoons fresh orange juice
- ¼ teaspoon ground cardamom
- Pinch of cinnamon
- Pinch of sea salt
- Food processor
- Measuring spoons
- Bowls and spoons for serving

Preparation

Combine apples, zest, juice, cardamom, cinnamon, and salt in a food processor and whirl until smoothly puréed, 3 to 5 minutes, scraping down sides of bowl if necessary (bits of peel will be visible.) Enjoy!

From: www.myrecipes.com

Feature Book



Title: *Life and Times of the Apple*

Author: Charles Micucci

Publication Date: 1995

Publisher: Orchard Books

ISBN: 978-0531070673

Age: Grade 2 - 5

Description: Bound to be useful for projects, this attractive picture book for older readers contains a lot of loosely related facts and is generously illustrated.

Micucci covers apple tree growth from seed to harvest and the uses and varieties of the popular fruit. Each topic (seeds, grafting, etc.) is given a two-page spread. Small, clear paintings are paired with each easy-to-understand short paragraph or even illustrate just one sentence.

From: www.amazon.com



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