



Growing with MO

Harvest of the Season

A Missouri Farm to Preschool Newsletter

September

Apples



Did You Know?

- It takes 36 to 40 apples to make one gallon of apple cider.
- Missouri produces about 1 million bushels of apples every year. A bushel holds about 125 medium apples.



Read Together

Apple Farmer Annie by Monica Wellington

Apple Countdown by Joan Holub

Johnny Appleseed by Jodie Shepherd

The Apple Pie Tree by Zoe Hall

Fall is in the Air

Fall is a great time to enjoy some outdoor family fun with a trip to an apple orchard. Breathe in the cool fresh air, see how apples grow and maybe even pick some to take home. You can search online for an orchard near you. Some orchards offer hayrides and other fun activities. If you want to pick apples, call ahead to make sure you go when they are ready to pick.

Cook Together

Homemade Applesauce

4 medium apples, cored and sliced by adult (Gala, Jonathan or Fuji varieties recommended)

½ cup water

¼ teaspoon cinnamon

½ tablespoon lemon juice (optional)

1. Cut apple slices into smaller pieces using a plastic knife.
2. Place all ingredients in a pot. Bring to a boil, lower heat, cover and simmer until apples are mushy, about 20 minutes.
3. Set aside to cool.
4. Use a potato masher to mash up the apples into a sauce.

When you see this symbol in the recipe it means it is a great opportunity for children to lend a hand in the kitchen.



Ask children what happened to the apples when they cooked. How did they change? Which do they like best, a crispy raw apple or soft applesauce?



Shop Together

More than 2,500 varieties of apples are grown in the United States. You won't find all of those in the store, but there are several to choose from. The most common Missouri grown apples include:

Jonathan-medium size, crisp, juicy and tart. Great for baking or eating fresh.

Red Delicious-bright red skin, crunchy and mildly sweet.

Golden Delicious-large, tender yellow skin, sweet and mild flavor.

Gala-crisp and very sweet. This is a newer variety that is becoming more popular.

Apple Action Rhyme

Here is a tree with leaves so green
(*Make a tree with arms*)

Here are the apples that hang in between
(*Clench fists*)

When the wind blows, the apples will fall
(*Wave arms in the air, then make fists and drop hands to floor*)

And here is a basket to gather them all
(*Make a basket with both hands*)



From the Field

Stories from Missouri Child Care

Children at the Missouri Valley Community Action Head Start site in Richmond planted two apple trees just outside of their playground. The staff bought trees from their local farm supply store where they learned how to plant, water, fertilize, prune and stake them. They also got advice on choosing the right tree varieties to reduce the need for spraying.

It will take 2 to 5 years before these trees produce apples and provide shade. The children who planted them will no longer be in Head Start by then, but they are learning now to do something that others will enjoy later.



Tips for Using Apples

- Slice and serve with cinnamon, chopped nuts, cheese slices, peanut butter or with dips like yogurt or cheese sauce.
- For healthier cakes or brownies, use unsweetened applesauce or finely chopped apples to replace half of the cooking oil in the recipe.
- Dip cut apples in a little lemon or orange juice to keep them from turning brown.

Growing with MO Harvest of the Season is a project of the Missouri Department of Health and Senior Services Team Nutrition Program. Young children learn about Missouri grown fruits and vegetables through preschool classroom experiences, gardening, field trips and through eating these foods in meals and snacks when they are in season.

www.health.mo.gov/growingwithmo



This project has been funded at least in part with Federal funds from the U.S. Department of Agriculture. The contents of this publication do not necessarily reflect the view or policies of the U.S. Department of Agriculture, nor does mention of trade names, commercial products, or organizations imply endorsement by the U.S. Government.

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