

FALL

Taste of Tennessee Product = Apples

What's Growing?



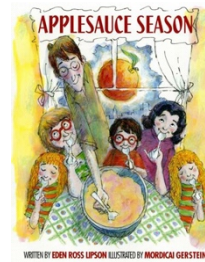
Although apple picking season is over, apple eating season has just begun. Many varieties, including Fuji, Arkansas Black, and Pink Lady, store well enough to keep all winter for cooking, baking, and munching. You can cut apples into rings and dry them to make delicious snacks to save. If your students 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.

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

Activities

- ◆ Try making apple wreaths!
- ◆ STEP 1 Dry out 2 apples with 1 cup lemon juice and 1 Tbsp salt. Slice then soak the apples for 25 minutes. Then bake on a coated baking sheet for 4-6 hours until leathery but not brown. Dust with allspice
- ◆ STEP 2 Fold each apple slice in half and then into quarters and thread the apple slices onto a heavy gauge wire. Continue to pack the folded apples until the wire is completely filled. Then bend the wire ends into hooks to connect and close.

Farm to School Book of the Week



A boy and his 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.

Energizer!

Encourage students to get active with these Farm to School energizers!

Lead your children in singing the following song:
*Apples are falling,
apples are falling
From the tree, from the tree.
Pick up all the apples, pick up all the apples,
One, two, three; one, two, three. (Sung to: Are You Sleeping?)*

As they sing, lead the children in making motions of apples falling from a tree by reaching high above their heads and then dancing their hands down to the ground tracing the path of an apple falling. During the line "pick up all the apples", lead students in a motion of picking up apples on the ground and putting them in an imaginary basket.

Get Local recipe: Apples and Cheese Tortillas

Ingredients:

- 1 (6 inch) flour tortilla
- 1 tbsp grated cheddar cheese
- 1/3 thinly sliced apple

Steps

1. Place the tortilla on a plate and sprinkle 2 Tbsp cheese on 1 half the tortilla
2. Place the apple pieces over the cheese.
3. Then sprinkle remaining cheese over the apples.
4. Fold the tortilla over the filling and microwave on high for 1 minute.
5. Let cool
6. Enjoy