

Harvest of the Month: Apples

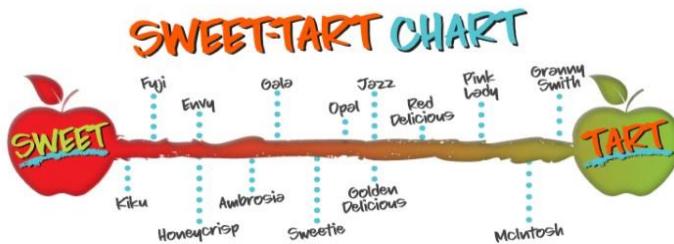
This month in **preschool**
your child will be **eating...**



Apple!



- ♦ Apples come in all shades of **Reds**, **Greens**, and **Yellows**.
- ♦ 2,500 varieties of **apples** are grown in the United States.
- ♦ Apples are the second most valuable fruit grown in the United States.
- ♦ Apple tree takes 4 to 5 years to produce their first fruit.
- ♦ They are considered “nature’s toothbrush” for cleaning teeth.



Make it
Eat it!
Love it!

Apple Chips

Ingredients

- 1 teaspoon olive oil
- 4 medium apples (any variety)
- 1 tsp cinnamon



Directions

1. Preheat oven to 225°
2. Grease 2 baking sheets with the olive oil
3. Remove the cores from the apples. Slice the apples into thin rings, then place them in a single layer on the baking sheets. Sprinkle apples with cinnamon
4. Bake for 2 to 2 1/2 hours, or until desired level of crispiness achieved
5. A shorter cook time will give chewy apple rings, and a longer time will give you crisp chips
6. Store chips in air-tight container

Family CHALLENGE

Apple Taste Test

Purchase different varieties of apples that are available in your grocery store or farmers market. Let your kids explore different tastes of apples. Get them to rank it with a “love it” or “maybe next time”.

Get your GROOVE On

Playing this game can help keep your kids occupied when they have to stay inside. Have your child balance an apple on a spoon. Get them to try their luck walking from one side of the room to the next, without dropping it. Then kick it up a notch—get them to jump, dance and slither without dropping the apple!

Little helpers

Make homemade applesauce together and teach your child that it does not just come in a package. Show them the difference between apples and peeled apples. Let them help you chop and toss them in the pot! They can sprinkle the spices, too! Get them involved in the process—they'll love it!



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