

Apples in the Classroom

Numerators, Denominators and... Apples, Oh My!

An introduction to fractions

Division has never been so tasty! This activity introduces fractions in a fun, hands-on environment using apples, kid-safe knives, and cutting boards. Students can work with a partner to cut an apple in half, and observe how the total number of apple pieces becomes the denominator, and their portion transforms into the numerator. Apples are easily divided all the way down to sixteenths- at which point they can swiftly be added to a big pot of applesauce for the class to enjoy as a reward for their math endeavor!

Cooking as a Class

Cooking with kids is a great way to give them hands-on experience with fruits and vegetables, and create a lasting connection to curriculum.

October is National Farm to School Month!

- The National Farm to School Network advocated for the creation of National Farm to School Month by Congress in 2010 and now organizes the annual celebration in partnership with dozens of partner organizations. Learn more at farmtoschool.org
- You can find more farm to school resources, lesson ideas and classroom recipes at farmtoschool.tbaisd.org

Interested in volunteering with farm to school activities? Sign up for our volunteer newsletter at: www.groundworkcenter.org/farmtoschoolvolunteer



October Harvest of the Month



Apples



Apple recipes and fun facts
inside!



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Sugar-free Applesauce Recipe

Prep time: 5-8 min
Cook time: 20-30 minutes
Estimated Cost: \$3
Serves six as a side dish.

Ingredients:

4-6 medium to large apples, cored and cut into small chunks
1/2 tsp cinnamon
1/4 tsp nutmeg (optional)
water



Directions:

Put apples in a large pot and add 1/4 inch of water to cover the bottom of the pot. Bring the water to a boil. Lower the heat, add cinnamon and nutmeg (if using). Cover the pot with a lid, and simmer 15-20 minutes until apples are soft enough to mash.

Allow apples to cool slightly. Mash with a fork, potato masher, immersion blender, food mill, or transfer to a blender.

Serve warm, or cool in the refrigerator and enjoy!

Apple Buyer's Tip

Choose apples that are deeply colored, firm, naturally shiny and heavy for their size. Certain varieties of apples can be better suited for certain cooking applications. For baking: firm, crisp apples are best. Try Honeycrisp, Granny Smith, Crispin or Pink Lady varieties. For eating, try Honeycrisp, Gala or Fuji. And in applesauce? Cortland, Fuji and Gala are delicious.



Fun Facts About Apples

Plant Parts

- Though all apples contain seeds, most apple trees are not grown from seed. Instead, new trees are established through a process called *grafting*, which involves inserting a section of stem into an existing tree trunk.
- There are 9.2 *million* apple trees in the state of Michigan!
- Michigan's state flower is the apple blossom.



Origins



- Apples are thought to have first been cultivated in Kazakhstan, and have been evolving and adapting in Central Asia for nearly 4.5 million years!
- Today, there are more than 7,500 varieties of apples grown worldwide.

Shapes, Sizes and Colors



- All apples are high in fiber, vitamin C and a variety of antioxidants. Apples come in many shapes, sizes and colors: look to the left for cooking tips on different varieties!
- Michigan is the third-largest apple producing state in the country. Michigan apple trees produce approximately 950 *million* pounds of apples each year.

Looking for local apples?

Visit localdifference.org to search for local food, farms, and retailers.