

HARVEST *of the* MONTH in the CLASSROOM



APPLES

HISTORY

Fossil evidence shows that apples existed in Europe and Asia as early as 11 million years ago! But the apples we eat today probably are closely related to a seed dated to 1000 BCE, found in modern day Kazakhstan. Apple trees originated in central Asia and were brought to North America by European settlers in the 1600s. In fact, the only apple native to North America is the crab apple. But by the 1800s, the United States grew more varieties of apples anywhere in the world.

FUN FACTS

Apples are 25% air. This means they are less dense than water, perfect for apple bobbing!

It takes about 36 apples to produce one gallon of apple cider.

The world's largest apple peel was created by Kathy Madison in 1976, in Rochester, NY. It was 172 feet, 4 inches long.

Over 7500 types of apples are known. 120 varieties are grown in Massachusetts.

FARMER BIO



Breezeland Orchards in Warren grows apples, peaches, and raspberries on 100 acres and has been in operation since 1896! Farmer Mark Tuttle's favorite apple variety is Pink Lady, which makes pink applesauce. Breezeland Orchard's apples are sold at their farm stand, other farm markets and to local schools for lunches.

MAKING APPLESAUCE

Grades K-2 • 30 minutes



APPLES

OBJECTIVES

Students will learn that applesauce is made from apples and that applesauce (i.e. cooking the apples) can be stored much longer than fresh apples.

ESSENTIAL QUESTIONS

How do we preserve food so that it doesn't rot or become wasted?

MA STATE FRAMEWORK(s)

K-2 ELA Standards

MATERIALS

Slow cooker	Apples, peeled
Cutting boards	Water, ½ cup
Apple slicer	Cinnamon, 1 TB
Bowl, spoons	

PROCEDURE

Introduction

Share with you students that fresh food only lasts for a short time before rotting, and becoming inedible. There are many ways to preserve food and store it for later. Refrigerators and freezers keep food cold so that it doesn't spoil. Cooking foods, like making bananas into banana bread or cooking fresh tomatoes to make tomato sauce helps food last longer. And turning apples into applesauce will make the apples last much longer than a raw apple on the countertop.

Activity

1. Have students wash their hands.
2. Give each student a peeled apple.
3. Ask students to think of ways to make the apple last for a whole year.
4. Bring out the apple slicers and cutting boards and let students slice their apples.
5. Ask students to place their apple slices into the slow cooker.
6. Choose two students to add water.
7. Choose two students to add cinnamon.
8. Choose two students to stir the apples.
9. Ask students to imagine what the apple slices will look like when they're done cooking.
Will they be bigger or smaller? What will they taste like?

Applesauce cooks on high for 4 hours, and then can be tasted with the class.

EXTENSION ACTIVITY

Students can use the Applesauce chronology (on page 2) to create a recipe to take home. Students cut out each sentence and then put them in order. Once a teacher has checked, they can glue their sentences down on another paper to create a recipe.

Lesson developed in partnership with:
[Island Grown Initiative](http://IslandGrownInitiative.org)

MAKING APPLESAUCE

Applesauce Chronology Worksheet



Have students cut out each sentence and then glue in order!

We add some water to the apples in the pan.

The apples are cut into chunks.

The apples are picked off the tree.

The apples cook on the stove.

We put the chunks into a pan.

We take the pan off the stove and let the applesauce cool.

We eat the applesauce!

We peel the apples.

The apples get mushy.

We put the pan on the stove.

We wash the apples.