

Book and Cook: Apples Come to America

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What we can do:

Locate the origin of apples on a world map

Trace the spread of apples

Learn terms: "variety" "graft" "root stock" "flavonoid"

Related to the production of apples we eat today

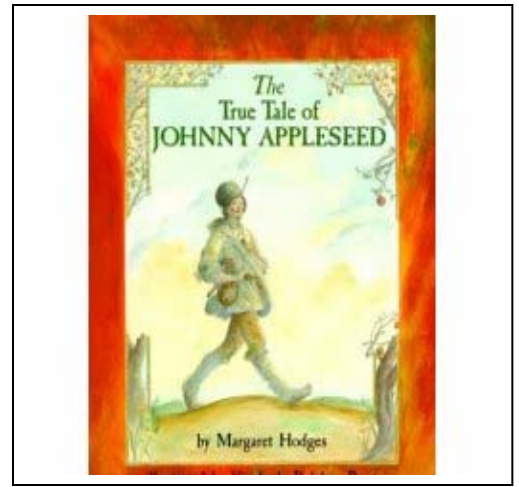
Explore the taste differences between 5-10 apple varieties

Learn 5 benefits of eating apples.

Discuss economical ways to purchase and prepare apples.

Prepare and share one to three delicious snacks or foods from apples.

Read together *The True Tale of Johnny Appleseed*. By Margaret Hodges; Illustrated by Kimberly Bulcken Root. Holiday House Books. 1997. ISBN 0-8234-1282-2



John Chapman—1774-1845

Leader Notes: In April and May, apple trees blossom all around towns and orchards. By August, apples begin to ripen and be harvested. By now the stores are full of about nine different *varieties* of apples.

Q: Does anyone know the names of some of these different types or "varieties" of apples? (Jonathon, Delicious, Jonagold, Fuji, McIntosh, Braeburn, Gala, Cortland...)

How many different varieties do you think there are world wide? (7,500)

Q: Where do you think apples were first found? (Southern Eurasia—the Caucasus Mountains, between Azerbaijan, Armenia and Georgia, Russia!) They were carried to Europe by traders and have been grown there for over 2000 years—that's how they came to be in North America.

Q: The apple is a great symbol. Where do you see it used as a symbol? (Education—teachers and apples; computer logo—McIntosh or "Mac" computers; as temptation—religions; Snow White and the Seven Dwarfs) It is also becoming a symbol of nutrition—because the old phrase "An apple a day keeps the doctor away," has a lot of truth!

Q: What's so great about apples for your health? Lots of "flavonoids," an antioxidant that helps prevent some cancers, Type II diabetes and promote lung, stomach and digestive health. They're packed with water, fiber, potassium, and some folic acid, Vit. C, iron and Vit. A. Best of all, they *taste* good—if you don't like one type, try another!!

Q: What are some favorite apple foods? Apple pie, apple crisp, apple butter, apple sauce, apple dumplings, baked apples.

More at: www.bestapples.com www.michiganapples.com www.urbanext.uiuc.edu/apples/
www.kidsacookin.org www.wikipedia.org www.homebaking.org Easy as Pie!

Let's sample some types of apples to see how each tastes sliced. Put a star by the apple name you like the best for just eating.

Variety Name	Eating Quality	Cooking	Keeping Quality
Red Delicious	crunchy, sweet	not so good	fair
Golden Delicious	flavorful, sweet	Ok for pie, add lemon	good
Jonathan	tangy, tart, crisp	best for pie!	Fair
Cortland	similar to Macs	great for apple salad	short
MacIntosh	fruity, juicy, soft	great for applesauce	short
Fuji	sweet; very crisp	needs lemon	great
Braeburn	super crisp; flavor	good for pies	fantastic
Granny Smith	tart, very crisp	great for pies	fantastic
Gala	extra sweet; fruity	great for apple salad	short
Jonagold	sweet/tart/juicy	makes sweet pie	fair

Agriculture/horticulture: Q: How can an orchard grow so many varieties? Apple farmers or growers take good strong apple tree roots (root stock) and *graft* or cut a V shape wedge into the branches and insert stems of different varieties of apples.

Q: What states produce apples? Missouri, Wisconsin, Washington, Ohio, Michigan, Vermont...

Read together *The True Tale of Johnny Appleseed* or another choice of apple book.

Remember—one person can make a great difference in this huge world!

History Cooks. No smart person wasted apples! In America, from European settlers, to Native Americans to African Slaves—everyone treasured apple seed, traded and used apples.

1) The crisp ones were eaten fresh or wrapped and stored in cool cellars, sliced, dried.

2) "Wind falls" (the ones that fell off the trees) were washed, bruises and bugs removed and crushed for cider or prepared in crisps, pandowdy, butters, jelly, sauce.

Let's Cook! Remember—use the soft apples you don't like to munch for sauce or butter!

APPLESAUCE. Microwave or stovetop. Prep time: 30 minutes. Makes 4 $\frac{1}{2}$ cups.

In a 2 qt. microwavable casserole or stainless steel sauce pan:

1) $\frac{1}{3}$ - $\frac{1}{2}$ cup water and 8 medium (3 pounds) apples (pared, cored, sliced)

2) Cover and simmer on stove top OR microwave on HIGH, 12 to 14 minutes. Stir 2-3 times.

3) Stir in $\frac{1}{4}$ to $\frac{1}{2}$ cup sugar (optional—to taste), $\frac{1}{4}$ - $\frac{1}{2}$ teaspoon cinnamon and dash nutmeg.

APPLESAUCE CAKE: Grease and flour an 8 X 8 inch cake pan. Preheat the oven to 350 ° F.

In a large bowl, use a wire whisk to stir together 1 $\frac{1}{4}$ cup all purpose *or* whole wheat flour, 1 cup sugar, $\frac{1}{4}$ teaspoon baking powder, $\frac{3}{4}$ teaspoon baking soda, $\frac{1}{2}$ teaspoon salt, $\frac{3}{4}$ teaspoon cinnamon, $\frac{1}{4}$ teaspoon cloves and $\frac{1}{4}$ teaspoon nutmeg.

Beat into the blended dry ingredients: $\frac{1}{4}$ cup softened butter or margarine or vegetable oil, $\frac{1}{3}$ cup water, 1 cup unsweetened applesauce. Beat 2 minutes. Add 1 large egg and beat 2 more minutes. Spread in the greased pan and bake 40-45 minutes. Serves 9.

Options: Add $\frac{1}{2}$ cup moist raisins.

Chop pecans or walnuts and sprinkle on top before baking. Enjoy warm!

Make and spread biscuits or roll up pancakes with Apple Butter!

- 1) Remove blossom and stem ends of about 3 pounds (8 medium) apples. Cut apples in quarters. And put in 4-quart saucepan, add 3 cups water and $\frac{1}{4}$ cup lemon juice. Simmer 15 minutes.
- 3) Push through a sieve with wooden spoon or use a food mill. Discard peels and seeds.
- 4) Return apple sauce to saucepan. Reduce heat to medium and simmer 30 minutes, uncovered
- 5) Add 2 cups sugar and 2 $\frac{1}{3}$ cups (1 pound) brown sugar and $\frac{1}{2}$ teaspoon butter. Bring to a full rolling boil. Stir. Spoon into clean glass jars or container and refrigerate to store.

Check out great recipes and demonstrations, in English and in Spanish, at www.kidsacookin.org for other great apple salads and dessert recipes such as

- Apple Salad
- Pocket Fruit Pies
- Microwave Baked Apples
- Homemade applesauce