

Beyond



Starring

Apples + YOU

A B O U T The apples we eat today go back more than two million years! At first, people ate wild apples picked in the forest. These apples tasted bitter and were only the size of a strawberry. About 10,000 years ago, people started planting and growing better apples. This period is called the Stone Age because of the kinds of tools that were used. The apples that are grown today are relatives of Stone Age apples, but they're much bigger and sweeter. Their skins can be red to lemony yellow to yellow-green. Apples are best during the fall, when newly picked. In the market, buy firm, brightly colored apples with a fresh smell. You can keep apples for a long time in a cool place.



Recipes:



A B C Applesauce

apples
honey or maple syrup
cinnamon

1. Using a vegetable peeler, remove the apple skins.
2. Cut the apples into pieces. Throw away the seeds and the core.
3. Place the apples in a saucepan with $\frac{1}{4}$ cup of water. Cook for about 15 minutes or until the apples are soft enough to mash with a fork or potato masher.
4. Remove the pot from the heat. Mash the apples.
5. Eat the applesauce as it is, or sweeten it to taste with a little honey or maple syrup and cinnamon. Serve warm or cold.



Applewiches

apples
orange juice
peanut butter or cheddar cheese

1. Use one apple for each person. Remove the center core from the apple. Slice the fruit into rings.
2. Dip the apple slices into a little orange juice to keep them from turning brown.
3. Put a spoonful of peanut butter or a slice of cheese on half of the apple rings. Place a second apple ring on top to make a sandwich.
4. Eat applewiches right away or wrap them in foil and put them in the refrigerator for later. Eat them before 24 hours have passed.



True
Food

Fact

The record for the longest single unbroken apple peel is 155 feet long. It was peeled in 11½ hours in 1976 by 17 year old Kathy Wafler in Rochester N.Y. from a 20 ounce apple, 18½ inches in diameter.

How do you like these apples?

There may be as many as 7,000 different kinds of apples! Only about 100 are available in markets. Here are some common ones. How many have you eaten? delicious, golden delicious, winesap, Rome beauty, Granny Smith, braeburn, fuji, Cortland, stayman, Asian pear, gravenstein, Ida red, Jonathan, lady, macoun, McIntosh, pippin, Rhode Island greening, royal gala.

A
person
who is
THE
APPLE
OF
YOUR
EYE
is
someone
you
like

How To Keep An Apple From Browning

Apples get brown once they are cut. There is a way to stop it from happening. Here is an experiment that shows that it works.

What you need: an apple, lemon juice.

1. Cut the apple into 4 pieces.
2. Sprinkle lemon juice on two of the quarters. Put one with and one without lemon juice in the refrigerator. Leave the other two on the counter.
3. What happens? The untreated apple on the counter turns brown first. The apple with the lemon juice that was put in the refrigerator stays white the longest.



Read About APPLES

FIRST APPLE

by Ching Young Russell

Boyd Mills Press, Honesdale, PA 1994 Ages: 5th - 7th grade

This story talks about what a treasure an apple is in a foreign culture (China) and a young girl's dream to taste one and buy one as a gift for her grandmother.

HAHA
HAHA
HAHA
The Joke Bag

Q: How do you know that an elephant has been in your refrigerator?

A: There are footprints in the applesauce!