

TALKING POINTS FOR APPLES

Here at (SCHOOL NAME) we support local farmers. This month we are focusing on apples. Here is some information on Apples.

What is an Apple?

Apples are fruits that grow on trees and are among the most popular fruits worldwide. They come in various colors, mostly red, green, and yellow. **Read trivia for the week.**

Where Do Apples Grow?

Apple trees are planted in orchards.

The U.S. is a top apple producer, especially in Washington and New York.

Popular Apple Varieties

Red Delicious – Bright red and sweet.

Granny Smith – Green, tart, and great for baking.

Gala – Red and yellow striped, very sweet.

Fuji – Crisp, juicy, with sweet-tangy flavor. **Read trivia for the week.**

Fun Apple Facts

Over 7,500 apple varieties exist!

Apples are in the rose family, like roses and pears.

They float because they're 25% air.

The science of growing apples is called pomology.

Apple trees can live over 100 years.

The largest apple ever grown weighed 4 pounds! **Read trivia for the week.**

Apples in South Dakota

South Dakota grows varieties like Honeycrisp and Zestar.

Apple picking season is mid-August to late October.

Historical varieties include South Dakota Ben (1938) and Anoka (1918). **Read trivia for the week.**

Health Benefits

Apples are a great source of fiber and vitamin C.

They are low in calories and make a healthy snack. **Read trivia for the week.**



HELPFUL TIPS

- Harvest of the Month is not designed to be used in any particular order. Please use it as you see fit.
- Choose a different item to focus on each month.
- Hang the poster in the cafeteria where it can be seen by all students.
- Hand out the Fact Sheets and the Recipes for an option to cook at home.
- Have fun with the color sheets. Create a color contest or an opportunity for students to decorate the lunchroom. Choose a different class every month to be featured as the “Harvest of the Month Artists”.
- Trivia questions can be used in any order. Feature one question a week. Read the trivia question with the facts for the week and have students share the answer with you throughout the week. At the end of the week give them the answer to the trivia.
- Trivia question answers can be found on the fact sheets.
- Have fun with the feature. Create some new foods and use as a snack throughout the month.

Adventure Time:

- Hang a map of SD in the lunchroom. Have classrooms/grade levels research orchards open in the state. Have them mark them on the map and create a list of all the different types of apples grown at each orchard. Hang the list around the map.
- Take a virtual field trip (or actual if you can) to an apple orchard. Search virtual field trip on YouTube.

