Apples

Pre--preparations:

- Make apple pies or apple crisp for dessert
- Game suggestion: Apples to Apples board game

Preparations:

- Display various types of apples
- Apples for each pair of ladies
- Song for grace: Johnny Appleseed

Poem: Apples

Helen H. Moore http://www.teachingfirst.net/Poems/Apples.htm Used with permission

Apples, apples, what a treat, sweet and tart and good to eat. Apples green and apples red, hang from branches overhead, and when they ripen, down they drop, so we can taste our apple crop.

Apple Facts: (see attached sheet)

http://www.applefest.reach.net/pages/facts.html

Game:

Unscramble the various types of apples:

TACLNODR	NLOJDOGA
TASNAPR	NAGYNR TIMSH
DIRADE	CESPREN
TICSOMNH	BEMAL
TORNEHNR PYS	PIMERE
DER LECIDUSOI	RUSINES
LAAG	JIUF

Cortland, Spartan, Idared, McIntosh, Northern Spy, Red Delicious, , Gala, Jonagold, Granny Smith, Spencer, Melba, Empire, Sunrise, Fuji



Patsy Rowe

Song Choices:

All Things Bright and Beautiful (Salvation Army Songbook 25) For the Beauty of the Earth (Salvation Army Songbook 28) Morning Has Broken (Salvation Army Songbook 35) This is my Father's World (Salvation Army Songbook 42) Come, Ye Thankful People Come (Salvation Army Songbook 924) Praise and Thanksgiving (Salvation Army Songbook 927) To Thee, O Lord of Earth and Sky (Salvation Army Songbook 933)

Selected Scripture Verses:

Genesis 1: 11-12	Leviticus 27:30	Proverbs 11:30
Songs of Solomon 2:5	Ecclesiastes 2:4-6	Ezekiel 34:7
Amos 8:1-2	Matthew 12: 33	John 15: 2
John 15: 16	Galatians 5: 22-23	

Devotions: "The apple doesn't fall far from the tree"

There's a idiom originating from the German 16th century that says, "The apple doesn't fall far from the tree." Other might says, "he's a chip off the old block" or "like father, like son". What it means is that the offspring won't be much different from the parent. Before we quickly say that it is true, and then proceed to think of examples, let us remind ourselves that bad parents don't always have bad kids, nor do good parents always have good kids.

When we think of our own upbringing, there may be things we would like to imitate from our parents, while there are other things we would rather not. It then takes a deliberate effort on our part to choose the qualities we want to develop in our own life.

We thank God that grace can make a big difference in our lives, for regardless of the actions of our parents, whether good or bad, we can choose to imitate Christ.

In Matthew 12: 33 (TEV), we read, "*To have good fruit you must have a healthy tree; if you have a poor tree, you will have bad fruit. A tree is known by the kind of fruit it bears.*" In this particular verse, Jesus is speaking to the Pharisees who have just accused Jesus of being ruled by Beelzebub rather than being the Son of David, as the crowds who saw his miracles say he is. Jesus sternly asserts that it is by the outward actions that one is able to assess what is happening inside a person. Therefore, those who think they are better than others (the Pharisees) are judged by their actions, which is contradicting what they say they are.

Likewise, when we think in terms of those who profess to be Christians—are we what we say we are? Does our actions correspond with our words? Are we imitators of Christ, so that we produce good fruit. Paul's writing to the Galatians 5:22-23(TEV) gives us a listing of what it means to bear good fruit: "But the Spirit produces love, joy, peace, patience,

kindness, goodness, faithfulness, humility, and self-control. There is no law against such things as these." This listing of characteristics of fruitful lives in Christ should be demonstrated in our everyday living—how we connect with and react to others. It is the outward proof of our relationship with Christ as a part of the vine. In John 15: 5, Jesus says, "*I am the vine, and you are the branches. Whoever remains in me, and I in him, will bear much fruit; for you can do nothing without me.*"

Let us remember that the Spirit of God empowers us to be imitators of Christ Jesus, so that our lives will show the reality of our hearts.

Game: An Apple Between Us

Divide everyone in pairs; place an apple between their foreheads; they must now keep the apple in place while they follow the instructions given (e.g. move 3 steps to the left; squat down; jump). If the pair looses their apple, then they are eliminated; the last pair remaining is the winner. A prize could be a jar of apple sauce.



41 Apple Facts

Brighton Applefest, Used with Permission http://www.applefest.reach.net/pages/facts.html

The Apple contains: 80 to 85 percent of water

Approximately 5 percent of protein or nitrogenous material 10 to 15 percent of carbonaceous matter, including starch and sugar 1 to 1.5 percent of acids and salts

- * A fresh apple is rich in vitamins, and is amongst the most valuable of the anti-scorbutic fruits for relieving scurvy.
- * About 46 pounds of apples are eaten annually by Europeans.
- * All apples contain a varying amount of organic acids, malic acid and gallic acid, and an abundance of salts both of potash and soda, as well as salts of lime, magnesium and iron.
- * Apple blossoms are usually pink when they open but gradually fade to white.
- * Apples come in all shades of reds, greens, and yellows,
- * Apples are fat, sodium, and cholesterol free.
- * Apples are a member of the rose family.
- * Apples float because 25 percent of their volume is air.
- * Apples ripen six to ten times faster at room temperature than if they were refrigerated.
- * A peck of apples weighs 10.5 pounds.
- * A bushel of apples weighs about 42 pounds and will yield 20-24 quarts of applesauce.
- * Archeologists have found evidence that humans have been enjoying apples since at least 6500 B.C.
- * After oranges, apples are the second most valuable fruit grown in the United States.
- * All apples have five seed pockets, each with a seed.
- * A medium apple is about 80 calories.
- * An average tree can fill 20 boxes that weight 42 pounds each.
- * Dwarf apple trees are used by many growers.
- * For every 100 grams of dried apples, there are 1.7 milligrams of iron in sweet varieties or 2.1 milligrams in sour varieties.
- * Hand picking is still the most common way of gathering apples.
- * It takes four to five years before the apple tree produces its first fruit.
- * It was the favorite fruit of ancient Greeks and Romans.

41 Apple Facts continued...

- * In general, apples can be grown farther north than most other fruits as they blossom late in spring, minimizing frost damage.
- * It takes the energy from 50 leaves to produce one apple.
- * Kathy Wafler Madison created the world's largest apple peel on October 16, 1976, in Rochester, NY. It was 172 feet, 4 inches long. (She was 16 years old at the time and grew up to be a sales manager for an apple nursery.
- * One apple has five grams of fiber so apples are a great source of fiber pectin.
- * One of the oldest varieties in existence is The Lady or Api.
- * One gallon of apple cider takes about 36 apples.
- * Pomology is the science of growing apples.
- * Prehistoric dwellings in Switzerland have been found to contain charred.
- * Throughout the world there are 7,500 varieties of apples.
- * The sugar content of a fresh apple varies from 6 to 10 per cent, according to the variety.
- * The origin of the apple tree is an area between the Caspian and the Black Sea.
- * The largest apple picked weighed three pounds.
- * The apple contains a larger quantity of phosphates than any other vegetable or fruit.
- * To get the full value of an apple, it should be eaten unpeeled as the valuable acids and salt of the apple are in and just below the skin.
- * The leading producer of applies is China who grew over 1.2 billion bushels in 2001.
- * The world's top apple producers are China, United States, Turkey, Poland and Italy.
- * The first apples exported from America in 1768, were Newton Pippin's. Some were sent to Benjamin Franklin in London.
- * 39 percent of apples are processed into apple produces of which 21 percent is for juice and cider.
- * Varieties can range in size from as large as a grapefruit to as small as a large cherry.

