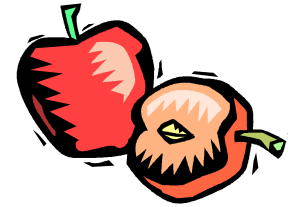


Apples

Patsy Rowe



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

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.

Helen H. Moore

<http://www.teachingfirst.net/Poems/Apples.htm>
Used with permission

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 _____

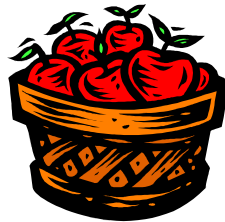
Cortland, Spartan, Idared, McIntosh, Northern Spy, Red Delicious, , Gala, Jonagold,
Granny Smith, Spencer, Melba, Empire, Sunrise, Fuji

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 loses 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 apples 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.

