



# pint size PRODUCE

# Apples!

## Book: Apple Farmer Annie

### Supplies:

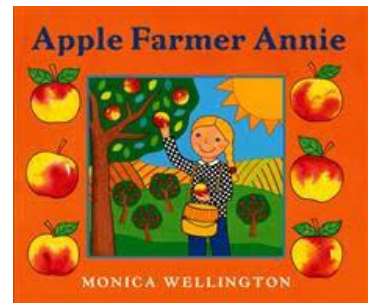
#### Book:

*Apple Farmer Annie*  
By Monica Wellington

Read the book "Apple Farmer Annie".

Some items to point out:

- Trees/orchard
- Different varieties/colors of apples
- Farmers market stand



### Tasting :

- 2-3 varieties of local apples
- Apple corer or knife
- Cutting board

Watch a video of Apple Farmer Annie read aloud here:

<https://www.youtube.com/watch?v=gOX4liJsHns&t=8s>

### Activity:

- Red and green play dough
- Apple cookie cutters

## Tasting: Sliced Apples

Select 2-3 varieties of local apples. Include distinct differences – size, texture, color. Haralson and Honeycrisp contrast tart and sweet varieties, for example.

If possible, slice the apples in the classroom. Provide whole apples to pass around the class as well.

After tasting and comparing the various apples, discuss:

- Are the apples sweet or tart?
- Soft or crunchy?

### Coloring Pages:

<http://www.supercoloring.com/coloring-pages/fruits/apples>



# Fingerplay : Three Red Apples\*

*Adapted from a song by Apple Jean Warren*

Way up high in an apple tree (put arms up)

Three red apples smiled at me.

(pointer fingers to corners of mouth)

I shook that tree as hard as I could;

(pretend to shake tree)

Down came the apple

(wave arms down)

Mmmm, it was good!

(rub stomach)

## Activity: Play Dough

For younger children especially, consider an interactive activity instead of a book. One possibility: play dough! Make red and green play dough, and discuss the color and shape of apples. Supply cookie cutters or shapes to press in the dough - apples, the letter A, trees, etc. Older children can also make their own ball 'apple' or worm 'stem'.

Play Dough Recipe:

3 cups flour

1-1/2 cups salt

3 cups water

2 Tablespoons cooking oil

1 Tablespoon cream of tartar

food coloring

Combine all ingredients except food coloring in saucepan. Cook over low heat, stirring constantly with a sturdy spoon, until the dough comes away from the sides of the pan and is hard to stir.

Remove mixture from the pan. When cool, add food coloring and knead until color is distributed. Store in airtight container.



## More Resources

- Consider joining the [Great Lakes Great Apple Crunch](#) in October – an easy first 'bite' of Farm to Early Care!
- Check out our website for links to many other curricula and activities:  
[www.renewingthecountryside.org/f2ece](http://www.renewingthecountryside.org/f2ece)







# Apples!

## Try It!

Apples are delicious! Try:

- Grating an apple or making applesauce for toddlers
- Cutting through the core to see the star
- Tasting different varieties: what is your favorite apple?

## Did you know?

In Minnesota, apples are in season from August to November. The Honeycrisp Apple is Minnesota's state fruit, created at the University of Minnesota.<sup>1</sup>

Look for local apples at the grocery store, or visit [www.minnesotagrown.com](http://www.minnesotagrown.com) to find local apples near you!

## Fingerplay<sup>2</sup>

Way up high in an apple tree (arms up)  
Three red apples smiled at me.  
(pointer fingers to corners of mouth)  
I shook that tree as hard as I could;  
(pretend to shake tree)  
Down came the apple (wave arms down)  
Mmmm, it was good! (rub stomach)  
Repeat for 2 apples, 1 apple

## Resources

Find many farm to childcare resources on our website:

[www.renewingthecountryside.org/f2ece](http://www.renewingthecountryside.org/f2ece)

Many more apple activities can be found here:

[teaching2and3yearolds.com/amazing-preschool-apple-theme-activities/](http://teaching2and3yearolds.com/amazing-preschool-apple-theme-activities/)

1. <https://mhhardy.umn.edu/varieties/fruit/apples/honeycrisp>  
2. <https://extension.umn.edu/farm-school/farm-school-month#october-10%3A-great-lakes-great-apple-crunch-941761>



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# Apples!

Did you know? The Honeycrisp apple is Minnesota's state fruit. <sup>1</sup> Minnesota's farmers grow lots of apples – nearly 20 million pounds each year. <sup>2</sup>

Today your child tasted a Sweetango apple, from Whistling Well, a local orchard. Ask them – was it sweet? Tart? Soft? Crisp?

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