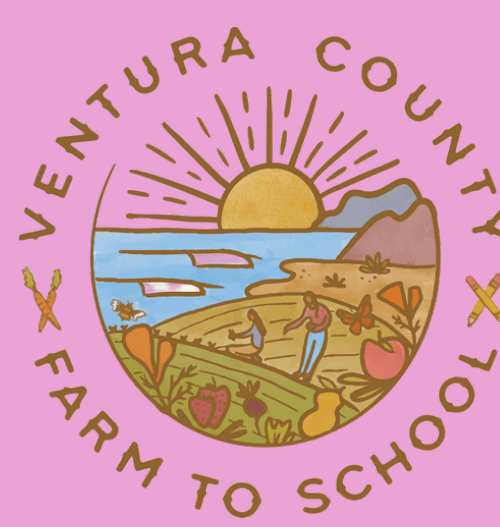




HARVEST OF THE MONTH

APPLES/MANZANAS



agenda

- **Learn about Harvest of the Month**
- **All about APPLES!**
- **Apple Trees**
- **An Apple a Day Keeps the Doctor Away**
- **Farmer of the Month**
- **Apple Parts Diagram**
- **Taste a Cuyama Apple**





HARVEST OF THE MONTH

*When students are able to taste seasonal fruits and vegetables
We learn about the farmers who grow the food we eat!*

APPLES...



Flower in the
Spring and are
ripe in the Fall.



Come in over
7,000 varieties
that vary in size,
color, and taste.

Belong to the Rose
family and are related
to plums, peaches, cherries,
strawberries, almonds,
and raspberries.

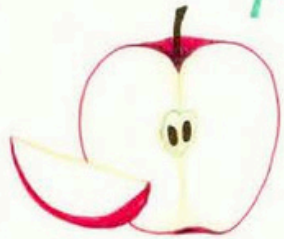


Are significant
in many
cultures, and
are grown all
over the world.

originated in
Western Asia



Are good for you!
they keep your heart and
brain healthy!



SEEDS



TREES

How do they grow?

ORCHARD





[Watch video on YouTube](#)

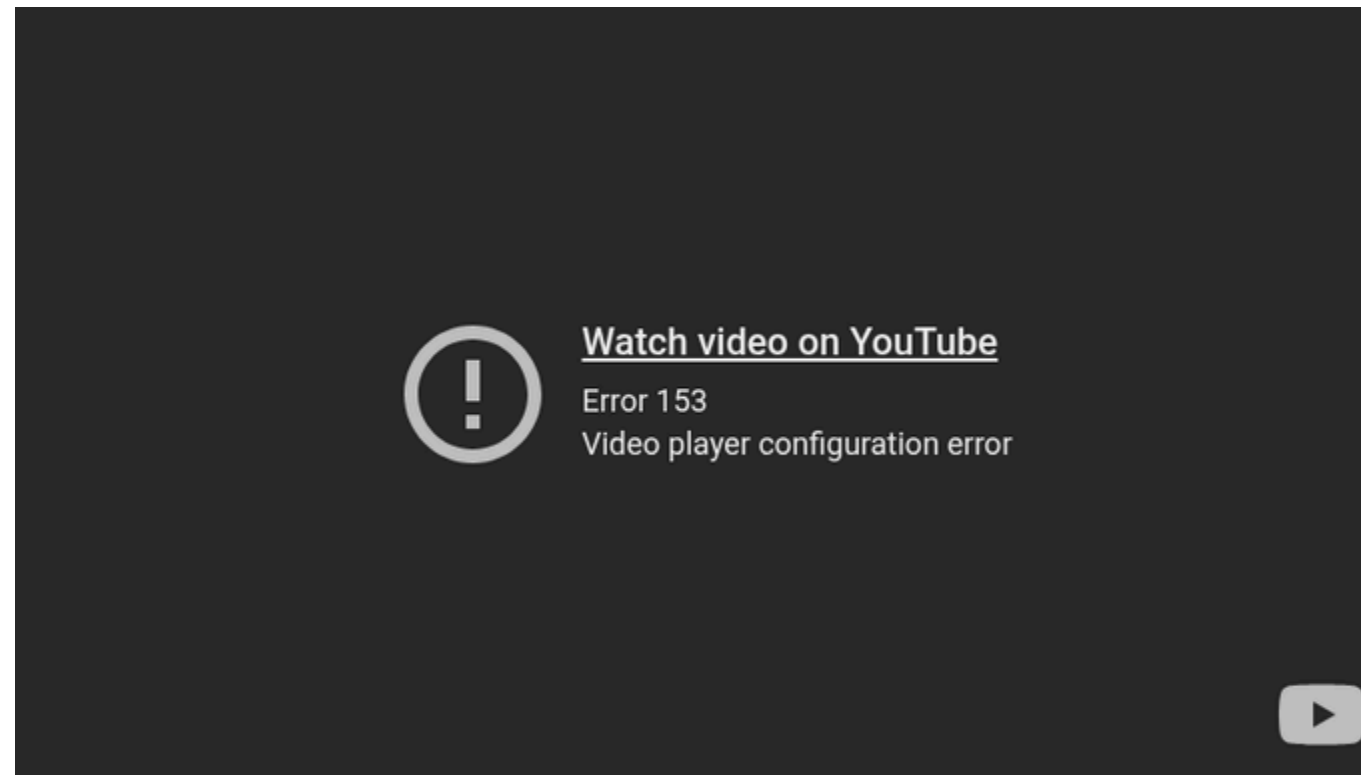
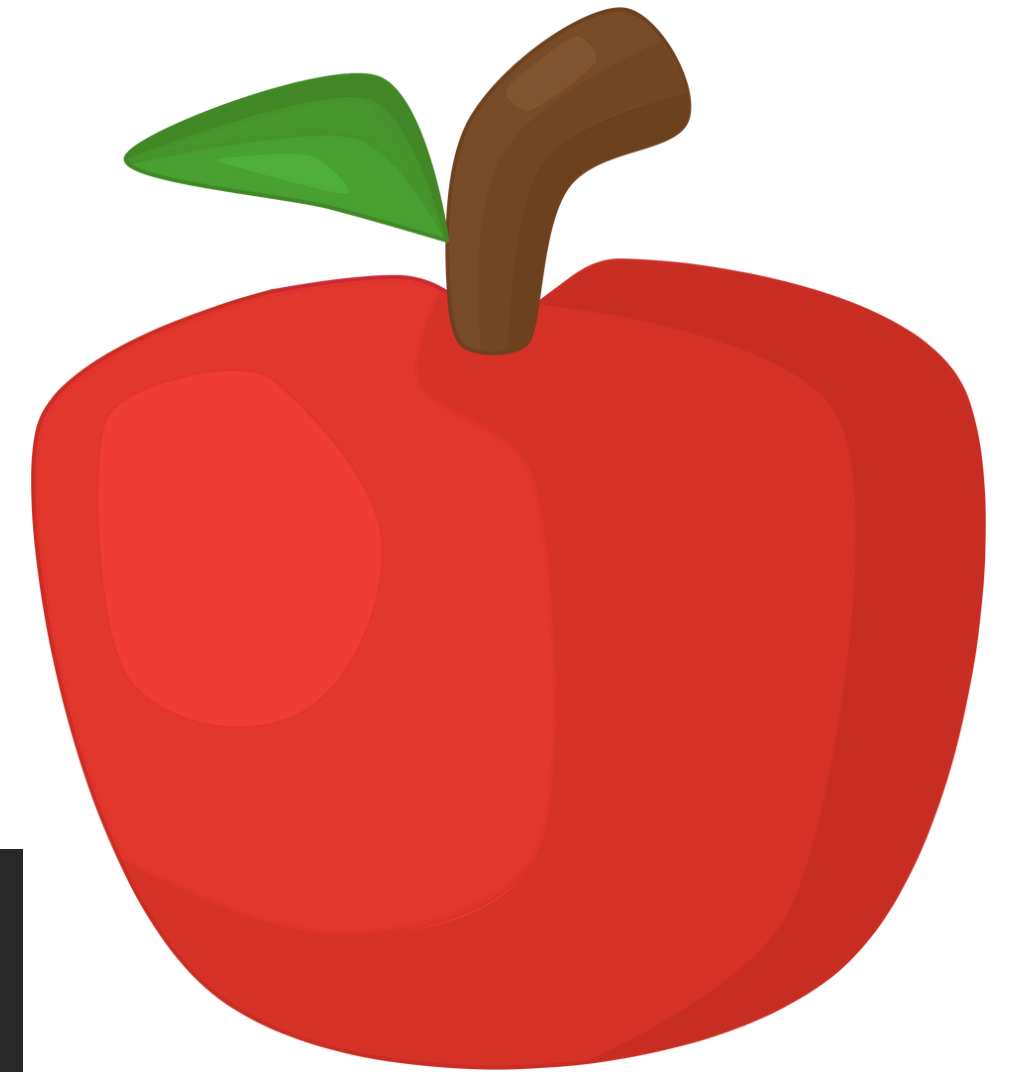
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**AN APPLE A
DAY KEEPS
THE DOCTOR
AWAY!**



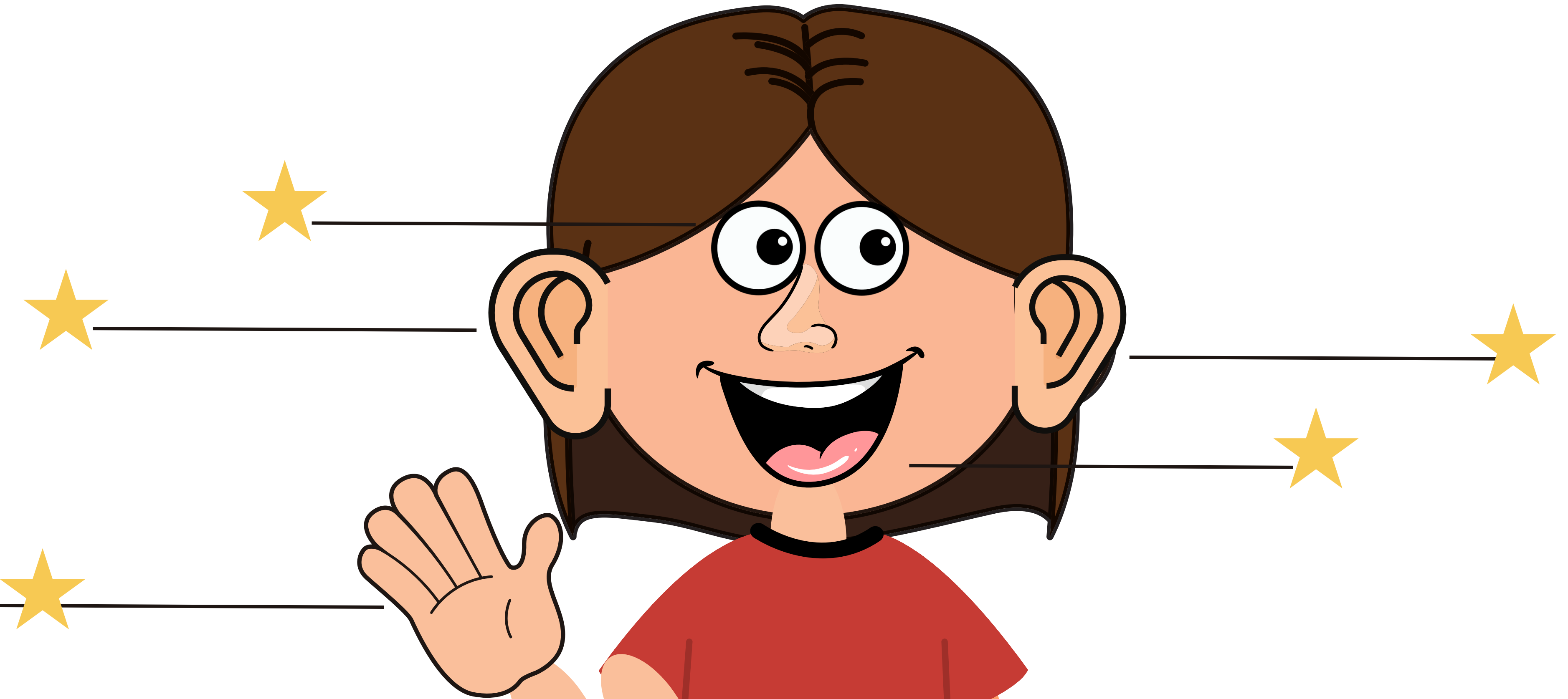
APPLE A DAY COMPREHENSION:

Work with a buddy to answer these questions:

- 1. Why does eating an apple each day help Edna stay healthy?**
- 2. Which part of the apple is the most important to eat?**
- 3. Where should you store your apples?**



TASTING WITH ALL OUR SENSES



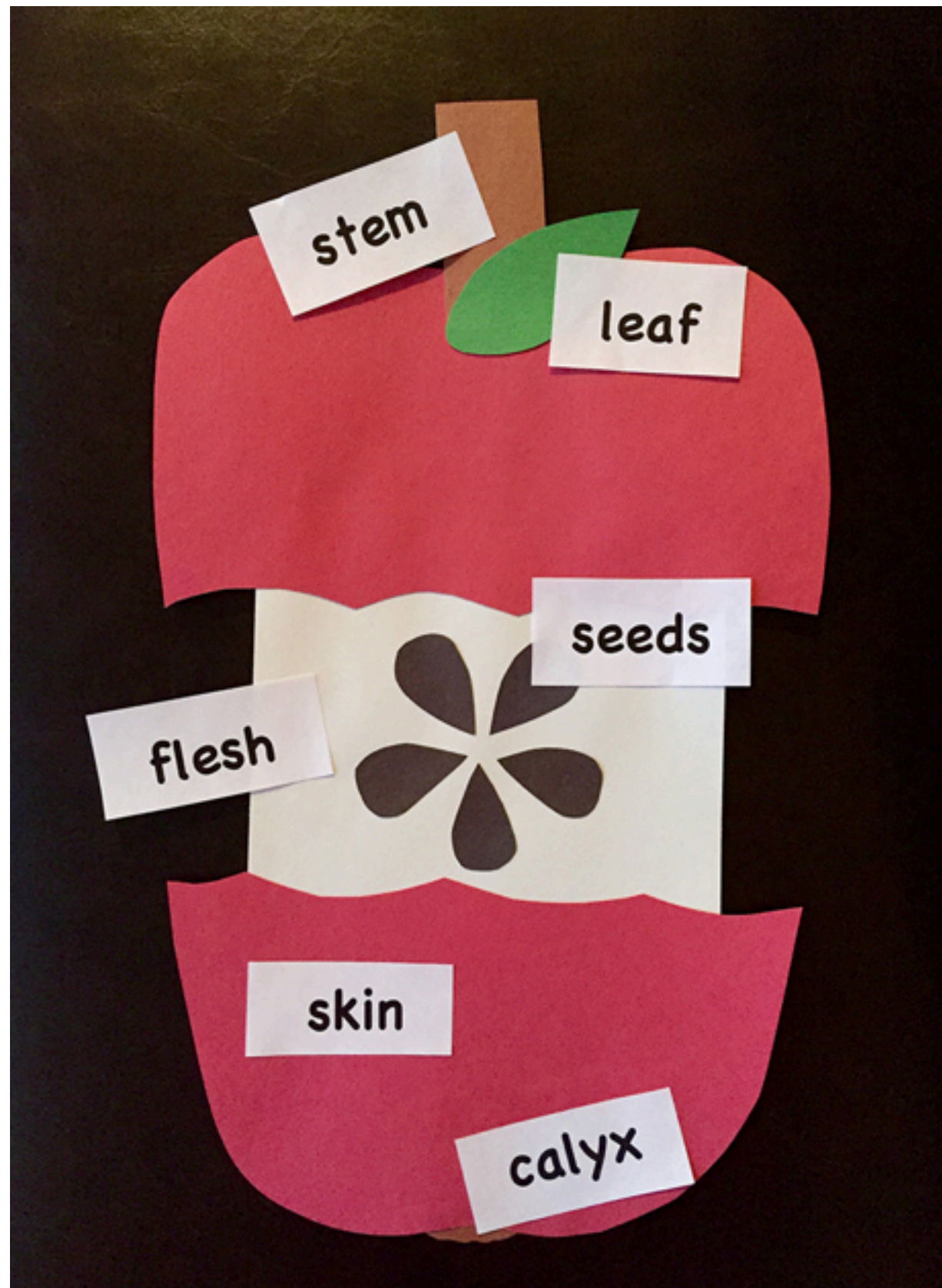
The background of the entire image is a dense, close-up photograph of many red apples. The apples are in various shades of red, from deep crimson to lighter, yellowish-red, and are piled together, filling the frame.

LET'S MAKE AN APPLE POEM!

**WHAT ARE WORDS TO DESCRIBE
HOW AN APPLE:**

- **LOOKS?**
- **SMELLS?**
- **SOUNDS?**
- **TASTES?**
- **FEELS?**

Apple Parts & Vocabulary



STEM

- the main supportive part of a plant; part of the transport system that carries the products of photosynthesis to other parts of the plant

LEAF

- the green part of a plant that grows from the stem and helps the plant make food from sunlight, air, and water

SEEDS

- the part of a flowering plant that contains an embryo within its protective coat and a stored food supply

FLESH

- Also called “fruit”, this is the pulpy substance of the plant that we eat

SKIN

- Or “skin”, it covers and protects the flesh and seeds

CALYX

- Leftover apple blossom at the bottom of the apple



Rojo o Verde? Que es la diferencia?

A watercolor illustration of a tree branch with several red and yellow apples hanging from it. Below the branch is a green chalkboard with text. At the bottom left is a wooden basket filled with red and green apples. The entire graphic is framed by a dashed green border.

- Cuyama Orchards: in the mountains of northern Ventura and Santa Barbara counties
- Since 1992, Cuyama grows 14 varieties of organic apples on 80 acres
- A new tree takes 4 years to produce fruit
- Fiber stabilizes blood sugar
- Antioxidants lower cholesterol

APPLES

The logo for Ventura County Farm to School, featuring a circular design with a sun, mountains, and a field, surrounded by the text "VENTURA COUNTY" and "FARM TO SCHOOL".

NOVEMBER HARVEST OF THE MONTH

CUYAMA ORCHARDS: VENTURA
COUNTY ORGANIC APPLES

Apple Kale Salad

4 cups thinly shredded kale

1 cup medium diced apples

¼ c sunflower seeds

*Dressing: Lemon Juice, Parmesan Cheese,
Olive Oil, Salt & Pepper to taste*

*Served
Tuesdays
every week!*



Where is Cuyama Orchards?

Our apples are grown in the Mountainous Cuyama Valley, located in both Santa Barbara & Ventura Counties

Your apple traveled 77 Miles to arrive in your cafeteria!



**We are a 3rd
generation Organic
Apple Ranch,
specializing in over
15 varieties of
heirloom apples.**





[Watch video on YouTube](#)

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