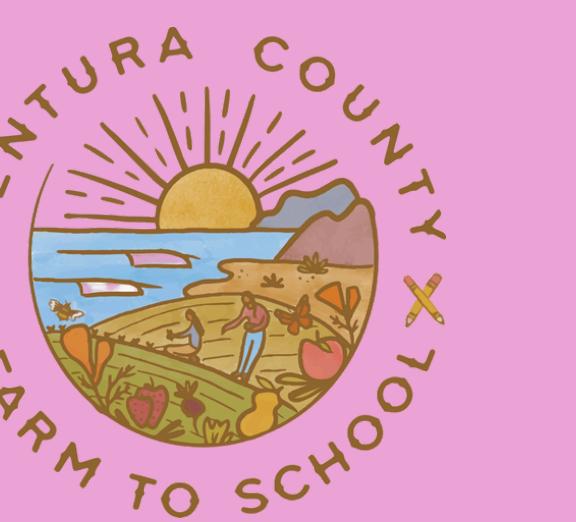


# HARVEST OF THE MONTH APPLES/MANZANAS

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# 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**

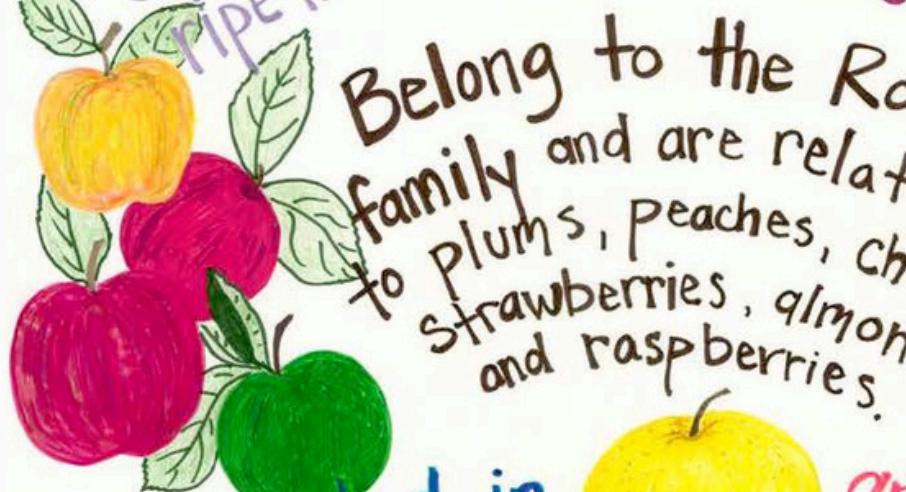


# HARVEST OF THE MONTH

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.



Originated in Western Asia

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



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



# SEEDS

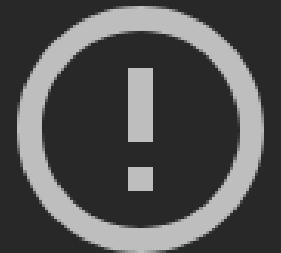


# TREES

# How do they grow?

# ORCHARD





[Watch video on YouTube](#)

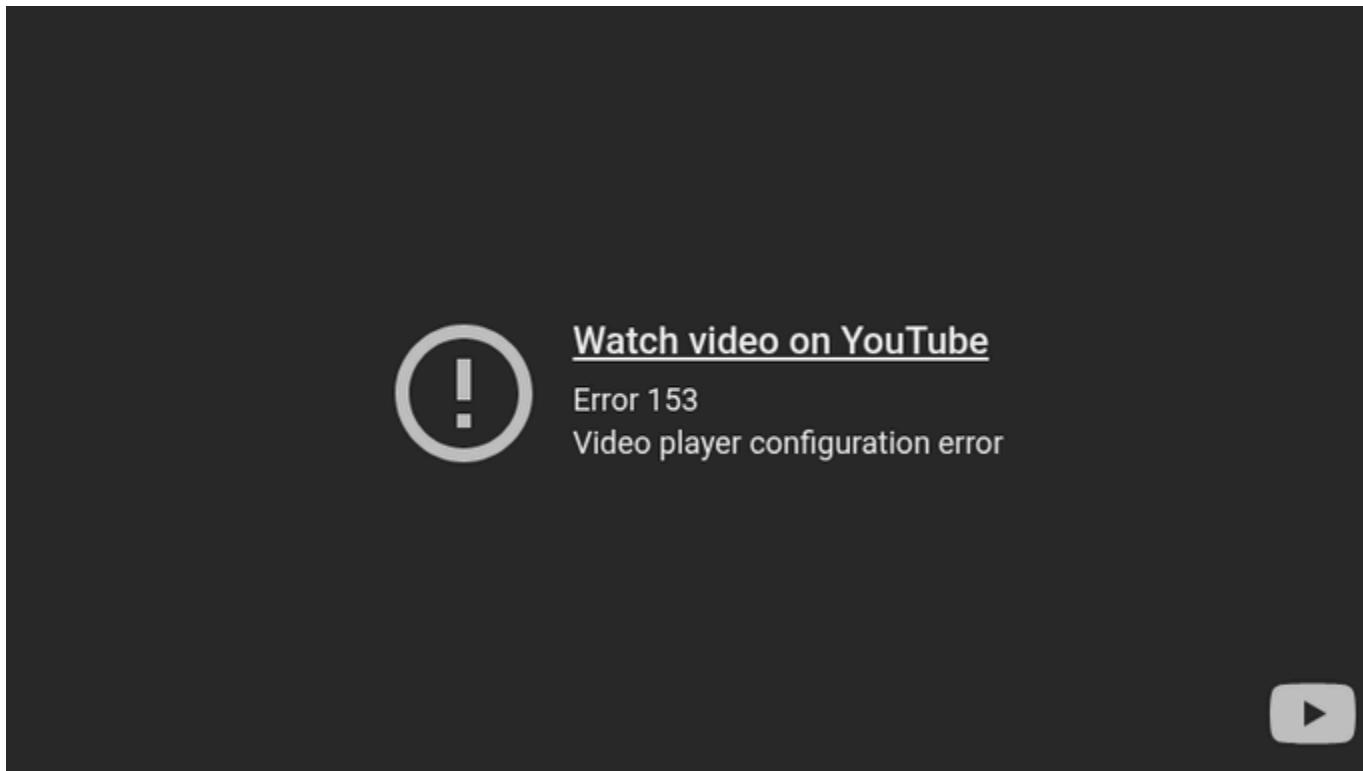
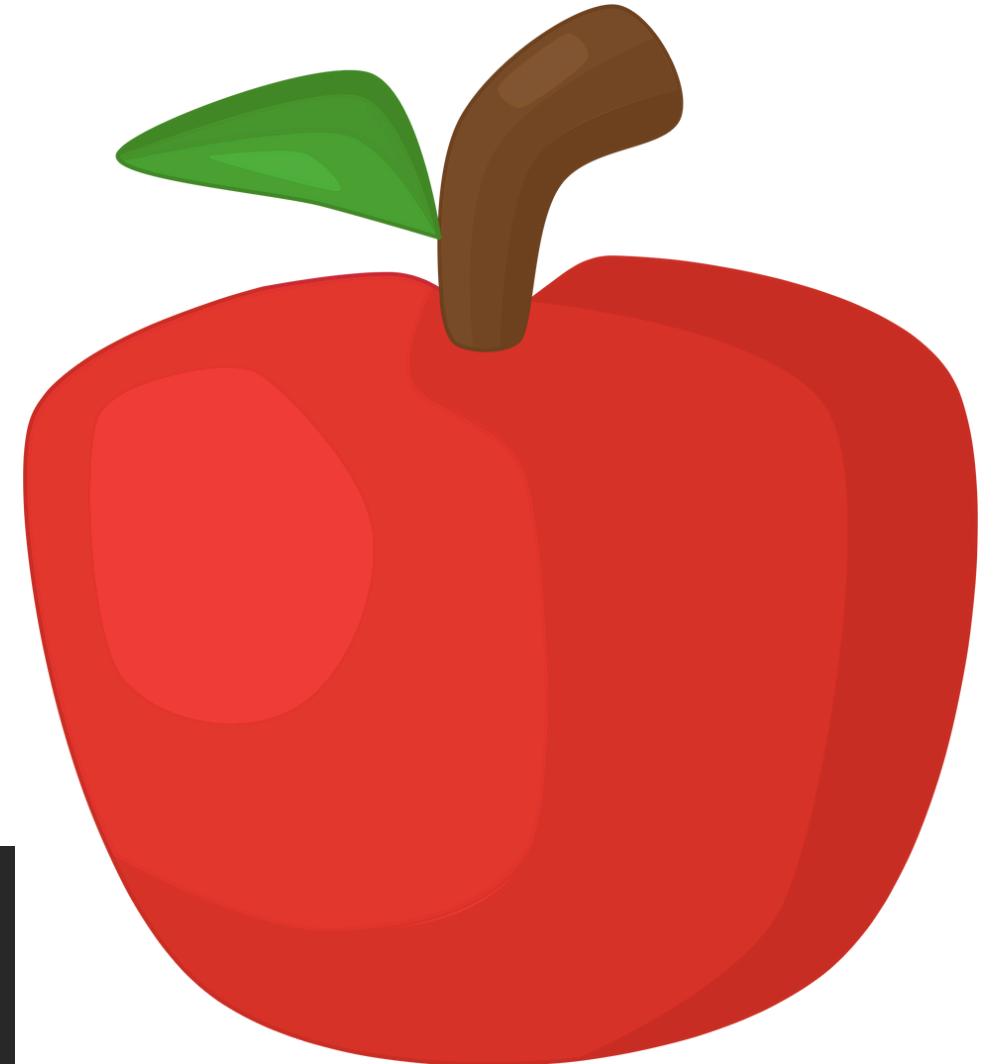
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AN APPLE A  
DAY KEEPS  
THE DOCTOR  
AWAY!



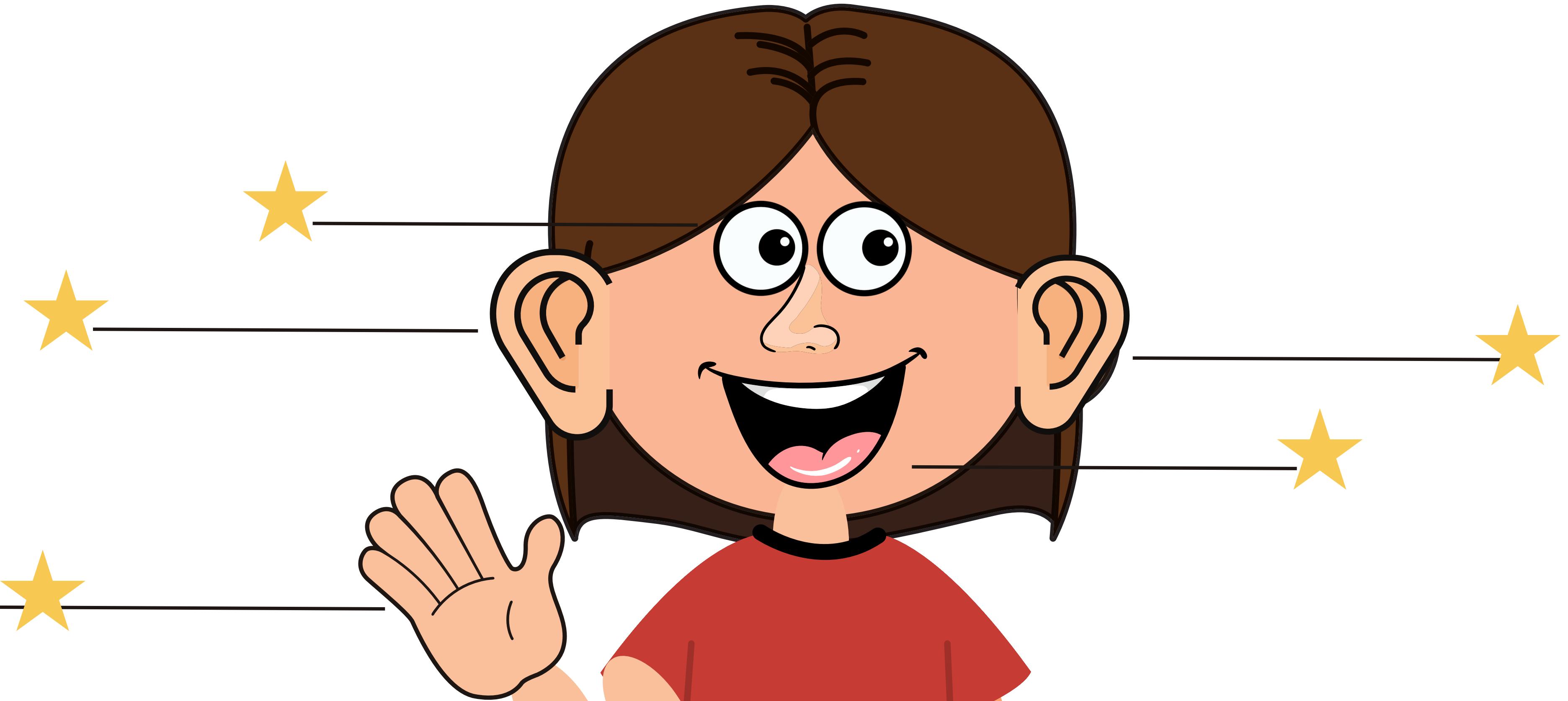
# APPLE A DAY COMPREHENSION:

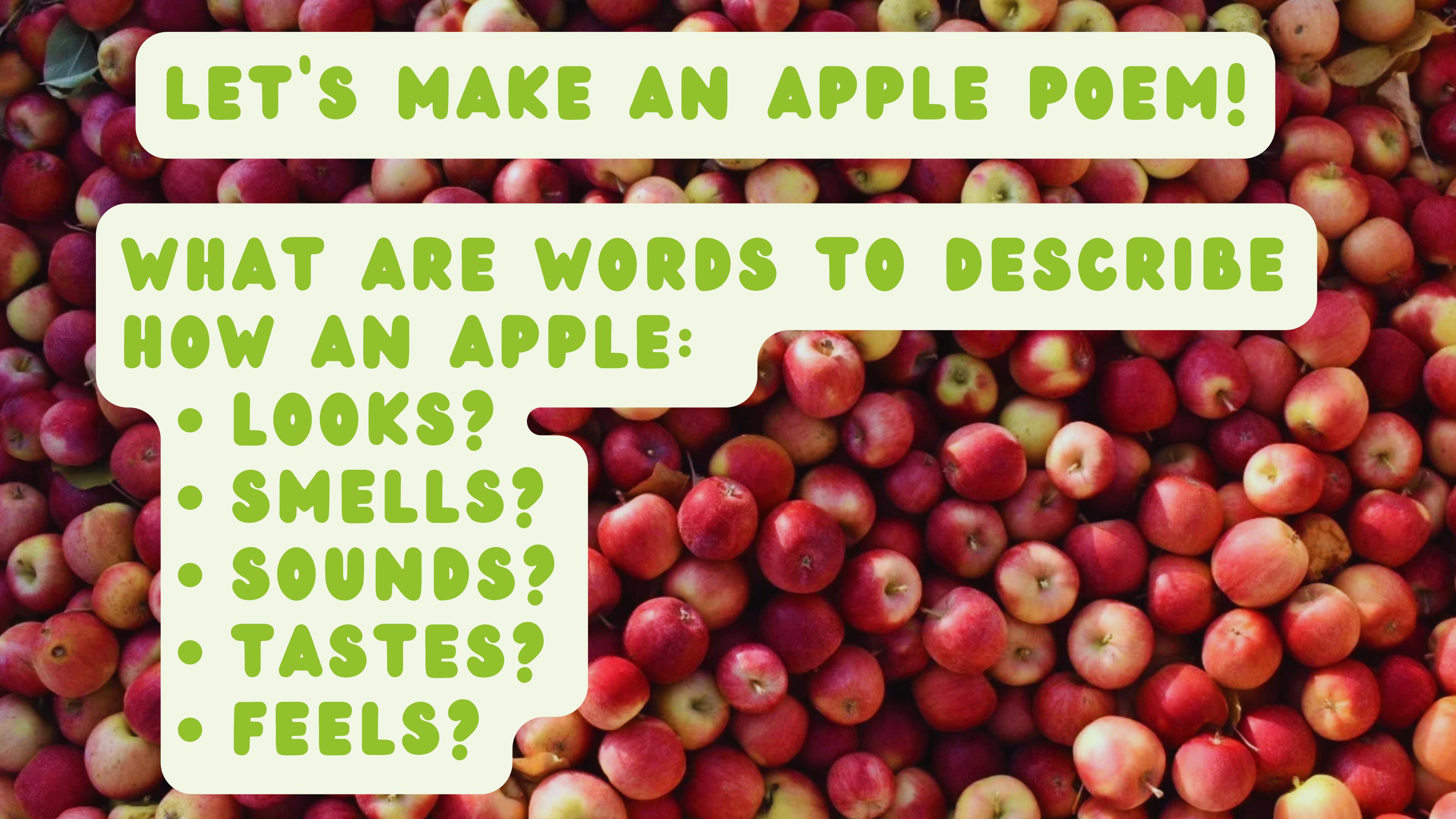
**Work with a buddy to answer these  
questions:**

- 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



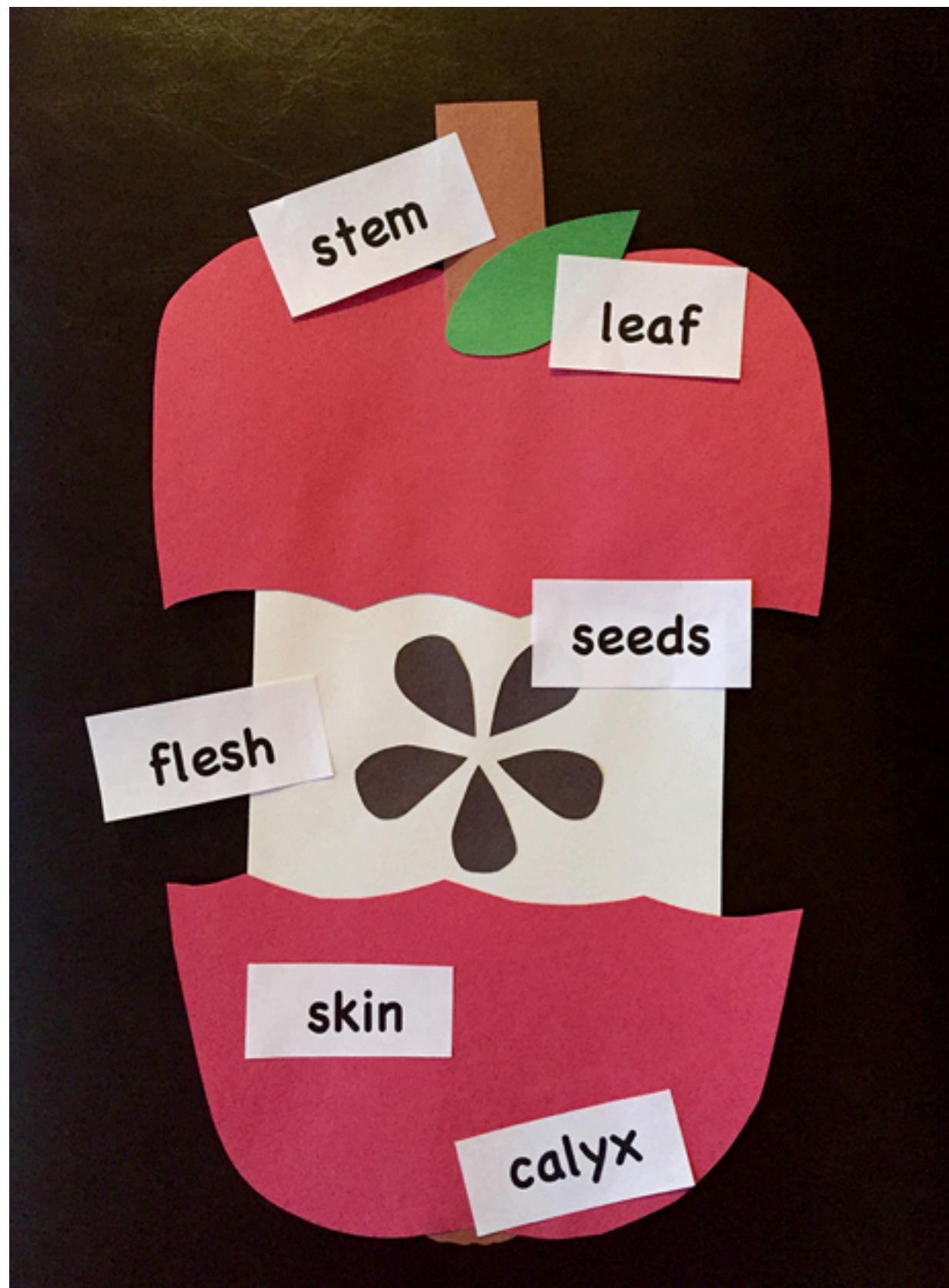
A large pile of red apples, some with green stems and leaves, filling the background of the image.

# 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 moves water and nutrients from the roots 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?**



- 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

# NOVEMBER HARVEST OF THE MONTH

CUYAMA ORCHARDS: VENTURA  
COUNTY ORGANIC APPLES

Apple Kale Salad

4 cups thinly shredded kale

1 cup medium diced apples

1/4 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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