



# Apples

## Apple Stamps

Make these cool Apple Stamps to decorate a hat, T-shirt, or your lunch bag!

Materials:

- ◆ apples
  - ◆ a sharp knife
  - ◆ 3 small paintbrushes
  - ◆ red, green and black paint (for fabric or paper)
  - ◆ something to decorate using apple stamps (hats, T-shirts, book covers, bags, lunch bags, etc.)
1. Wash the apple and have an adult cut the apple in half.
  2. Take the cut side of the apple and blot it on a paper towel to soak up some of the juice.
  3. With a brush apply red paint to the cut side of the apple. Test the apple stamp on a piece of scrap paper or fabric.
  4. Apply red paint again and press your apple stamp onto the surface you would like to decorate.
  5. Use the other paint colors and paint brushes to paint on green leaves, black seeds, and a stem.
  6. Set the decorated item aside to thoroughly dry.



## Amazing Apple Facts

- ◆ Apples float! Fresh apples will float because 25% of their volume is air.
- ◆ An apple tree can produce about 20 bushels of apples per year, depending upon the weather and management practices.
- ◆ A medium sized apple has about 75 calories.
- ◆ Americans eat an average of 19 pounds of apples each year.

## Where Did Apples Come From?

The Pilgrims brought the apple to the United States in 1620. While the Native Americans taught the early settlers how to grow corn and vegetables, the settlers taught the Native Americans how to grow apples with apple tree seeds, seedlings, and small trees. They used apples to make apple juice, apple cider, dried apples, apple butter, and vinegar. The apples were even food for the pigs, cows and horses.

During the long, cold winters, the settlers could not grow fresh fruits and vegetables. So, instead, they found ways to preserve some of them. Apples were an easy fruit for the settlers to preserve. The apples were peeled and cored and then hung out to dry on a big net or string. The warm air would evaporate the water inside the apples, and they would be dried in two or three days. Through the years, American apple growers have developed new and improved varieties of the fruit. In addition, researchers have introduced ways to preserve and use apples.



## Apple Faces

Apples rot and turn brown because they take in oxygen and give off carbon dioxide. If apples are stored in certain conditions, they will rot slower than they would in room temperature. Other conditions cause apples to rot quicker than they would in room temperature. Try this activity to discover how lemon juice changes apples!

1. Peel and core apples.
2. Carve faces into apples with a plastic knife.
3. Add two tablespoons of lemon juice to two cups of water.
4. Soak the apples in the mixture for 20 minutes.
5. Hang the apples to dry and watch them shrink!

**For more apple information contact the Oregon Agriculture in the Classroom Foundation at <http://aitc.oregonstate.edu>.**