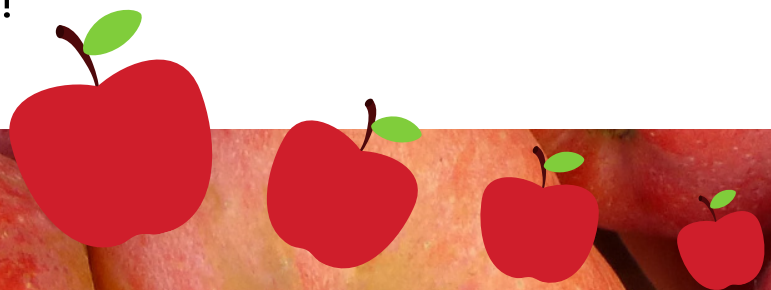


ALL ABOUT apples

Now that it's officially autumn, who doesn't love eating, picking, and baking with apples? Nothing says fall quite like going to an apple orchard and getting a bushel of apples to make apple pie, apple crisp, or apple fritters! Apples taking over the spotlight in the fall is, well, as American as apple pie! But where did apples really come from?

Believe it or not, the apples we eat today are not native to North America! They actually are originally from a country called Kazakhstan in central Asia. From there, they made their way to Europe, and eventually found their way to North America when the Puritans settled in the Massachusetts Bay Colony.

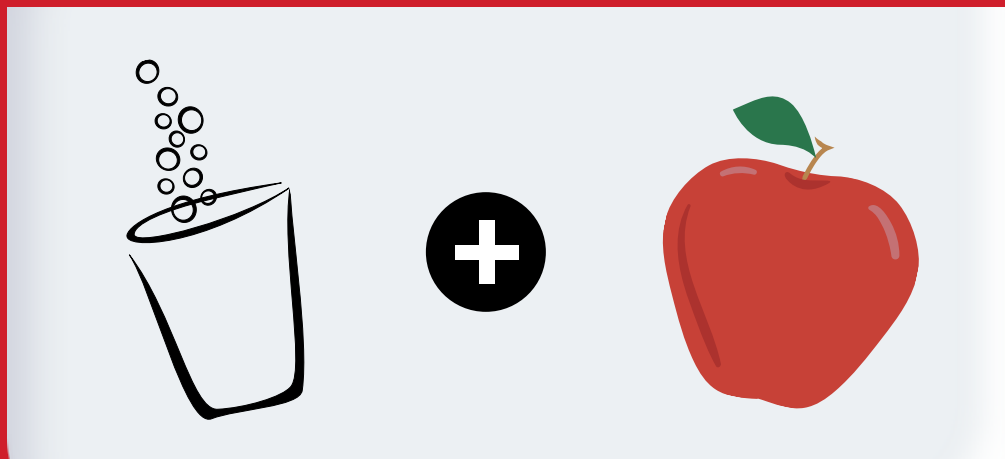
Johnny Appleseed (whose real name was Johnny Chapman), then spread apples all across the country. Coming from Massachusetts, Johnny planted apple orchards in all the places he visited. Now apples are a staple in our diet and a fall favorite among many!



Science with Apples!

Dancing apple seeds!

Have you ever seen apple seeds dance? Try this experiment at home! Dissolve $\frac{2}{3}$ teaspoons of baking soda $\frac{1}{2}$ cup of water. Mixing baking soda with water creates *carbonation*, meaning there is *carbon dioxide* gas in the water. Carbon dioxide is a gas molecule made up of one carbon atom and two oxygen atoms. It is found in our atmosphere, as well as in drinks like soda and sparkling water! The chemical process of carbonation can be seen when the baking soda is dissolved into the water. Drop a few apple seeds in and see what happens!



Why do apples turn brown?

When you leave fruit, like an apple, on the counter for too long, you might notice that it gets brown or moldy. This happens because living organisms, like bacteria, yeast and fungi, start growing and feeding on the fruit. In this experiment, you can try different methods to *preserve* apples, or keep them from getting moldy.

Cut up an apple (with the help of a responsible adult), and place four slices in different containers. Leave one slice alone, cover one in lemon juice, one in vinegar, and one in salt water. Leave the containers on the counter for a about a week. At the end of the week record your observations! What apple slice has the least mold? Are any of them completely moldy?



Art with Apples!

Making stamps with apples

You can make stamps out of apple slices! Cut an apple into several large slices, and with the help of an adult, cut shapes, letters, or a smiley face into the apple. Get creative! You can also simply cut the apple in half and use that alone as the stamp. Press the slice into some ink or paint, and then onto paper for a fall art surprise! Use your apple stamps to make decorations, fall greeting cards, or just some art for the fridge! You can even decorate tote bags or clothes if you use fabric paint. For a full video tutorial, visit [this link](#).



Send your apple art to jane@umpquawatersheds.org for a chance to be featured on our Facebook page!

DELICIOUS Apple Crisp

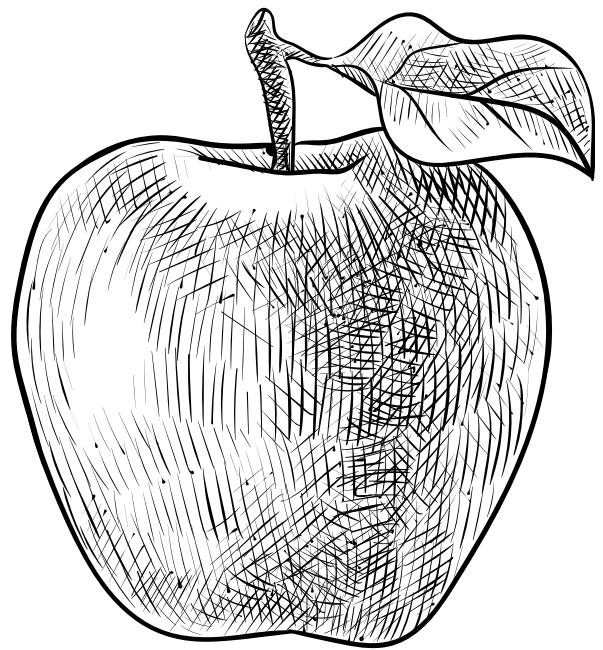
Ingredients

Filling:

- 5 apples, peeled and cut into 1-inch pieces
- 1 tablespoon apple cider vinegar
- 2 tablespoons water
- 1 teaspoon cinnamon
- ¼ teaspoon ground ginger
- ¼ teaspoon nutmeg
- Pinch of sea salt

Topping:

- ½ cup almond flour
- ⅓ cup all-purpose flour
- ⅓ cup whole rolled oats
- ⅓ cup crushed walnuts
- ⅓ cup brown sugar or coconut sugar
- ⅓ cup melted coconut oil
- ½ teaspoon cinnamon
- Heaping ¼ teaspoon sea salt
- 1 teaspoon water, if needed



The background of the entire page is a close-up photograph of several red apples. The apples are in various shades of red and pink, with some showing green at the stems. They are piled together, creating a textured, organic background.

DELICIOUS Apple Crisp

Instructions

- Preheat the oven to 400°F and grease an 8x8-inch baking dish.
- Make the filling: Combine the apples, apple cider vinegar, and water in a saucepan and simmer over very low heat, covered, stirring occasionally (making sure the apples don't burn on the bottom of the pan) for 15 minutes. Uncover, stir, and add the cinnamon, ginger, nutmeg, and salt and stir again. The apples should be tender, and the juices should be thick.
- Make the topping: In a food processor, place the flours, oats, walnuts, sugar, coconut oil, cinnamon, and salt and pulse until crumbly. Add the water if needed.
- Scoop the apple filling into the baking dish and sprinkle with the topping. Bake for 18 to 22 minutes or until lightly crisp on top.

For the full recipe and nutrition facts, follow [this link](#).