



Taste Washington Day

Wednesday, October 7th

Taste Washington Day highlights delicious, locally grown foods.

Ways to participate

Schools, Food Banks and Backpack Programs

- Highlight Washington grown food in meals students are picking up on October 7th.
- Send home a "Taste Washington Day" recipe, activity, handout or other resource about Washington food or agriculture.

Teachers & Parents

- Review Taste Washington Day activities and handouts.
- Join the Washington Apple Crunch!



Washington Apple Crunch

12:00 pm October 7th

Join students across the state in taking a bite of apple at noon.

Make it a virtual classroom activity, 'homework' or make it a competition to see whose class can get more crunches!

Share your apple crunch photos on social media #TasteWADay.



A Bite of Nutrition

Apples are a great source of FIBER.

Fiber helps us feel full and sweeps our insides clean.

Red fruits and vegetables help keep our heart healthy!

Try filling half your plate with fruit and veggies!

How do apples get to the store?

Watch this video and find out.



<https://www.youtube.com/watch?v=rIrZX8-VIcM>

Did you know?

- If you put all the apples picked in one year in Washington State side by side, they would circle the world 29 times!
- All 10-12 billion apples picked in Washington state each year are picked by hand.

Apple Math

Each year, over 100 million boxes of apples are harvested in Washington State. Each box is about 40 pounds.

How many pounds of apples are harvested in Washington each year?

A Bite of History

- Apples originated in an area between the Caspian and Black Sea.
Can you find the area on a map?
- The first apple orchard in North America was planted in 1625.
- Johnny Appleseed roamed the wilderness in the early 1800's planting apple trees. Even after 200 years, some of his trees still bear fruit.
- In 1826 pioneers began growing apples in Washington State.

How many years after the first orchard was planted in North America did pioneers begin growing apples in Washington?

Not Your Everyday Apples

Ingredients

- 3 apples
- 1/2 cup raisins
- 2 teaspoon soft butter or margarine
- 2 teaspoons brown sugar
- 1/4 teaspoon cinnamon

Directions

1. Preheat oven to 400 degrees.
2. Wash the apples and chop them into small pieces.
3. In a bowl, mix apples, raisins, butter or margarine, sugar and cinnamon.
4. Place the mixture on a baking dish. Cover loosely with foil and bake for 20 minutes. Let cool slightly and enjoy!



Find this recipe and other tasty recipes at FoodHero.org

Kids Can

Help pick out apples at the store.
Help wash apples under running water.
Measure and mix ingredients.

Keep apples fresh by storing them in the refrigerator.

Mix chopped apples and cinnamon into oatmeal.

Mix peanut butter and yogurt together for a tasty dip for apple slices.

Apple Trivia

1. About how many pounds of fresh apples does the average U.S. person eat each year?
a) 6 lbs. b) 13 lbs. c) 10 lbs. d) 19 lbs.
2. Apple trees take _____ years to produce their first fruit.
a) 1 to 2 b) 3 to 4 c) 4 to 5 d) 9 to 10
3. The apple blossom is the state flower of which state?
a) Washington b) Wisconsin c) Colorado d) Michigan
4. What is the top apple producing state in the U.S.?
a) California b) Florida c) Washington d) Pennsylvania
5. True or False: 25 percent of an apple's volume is air. That is why they float.
6. True or False: Some apple trees grow over 40 feet high and live over 100 years.

Answer Key: 1) d 2) c 3) d 4) c 5) True 6) True

Apples have a core. We have a core.

Keep your core strong with this fun video!



<https://hhph.org/resources/to-the-core/>