

Resources For

APPLE CRUNCH DAY

APPLE VARIETIES BY STATE

CLICK ON YOUR STATE NAME

California

Florida- Apples Not Grown Commercially-
check out a neighboring state

Georgia

Maryland

Massachusetts

Michigan

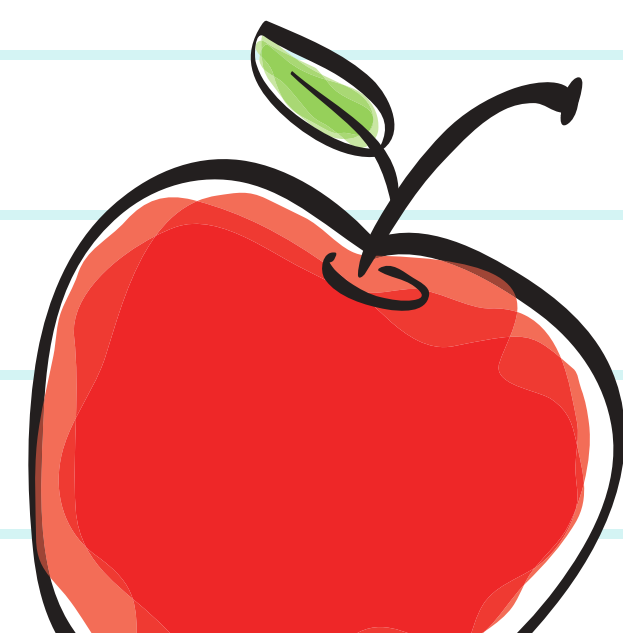
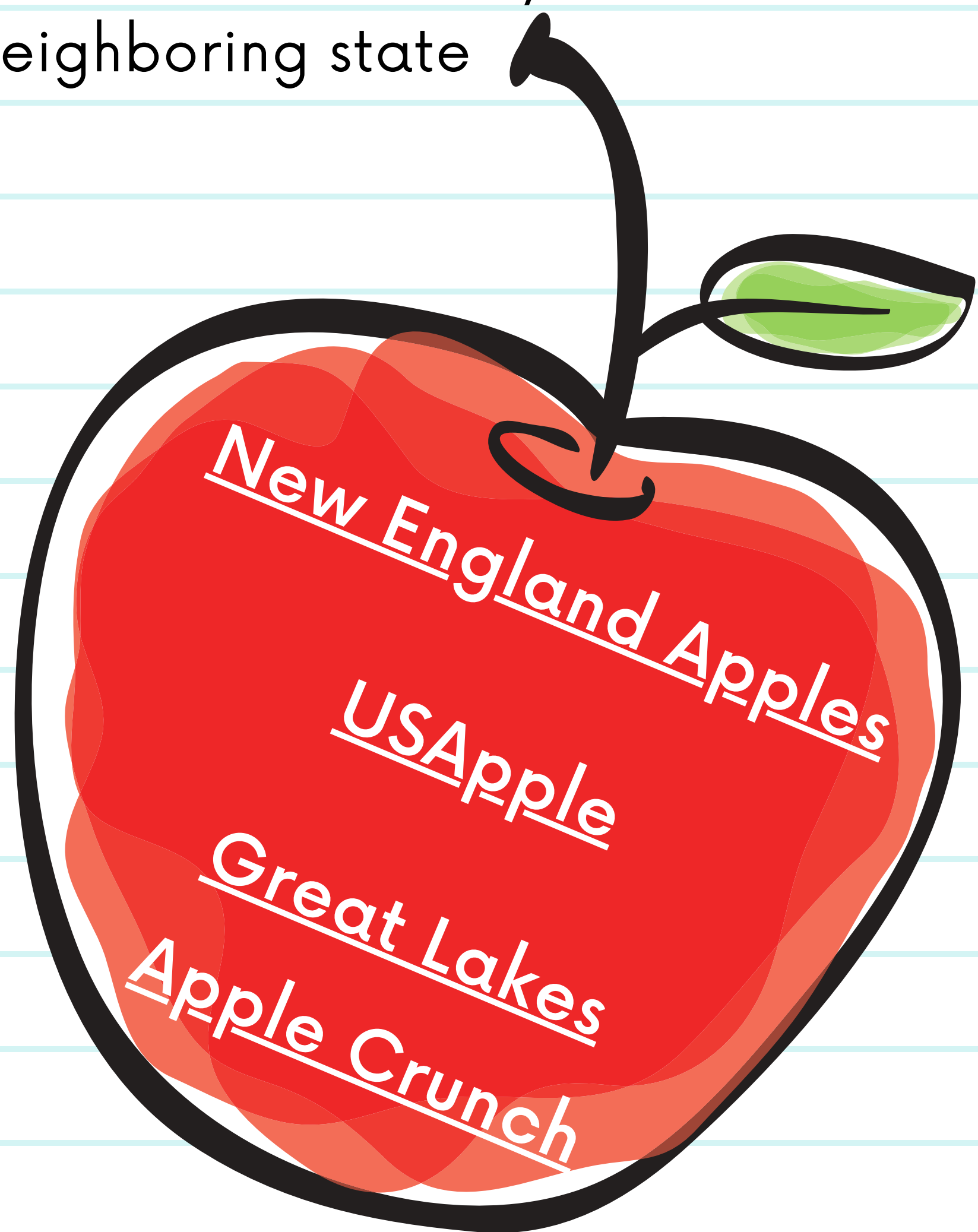
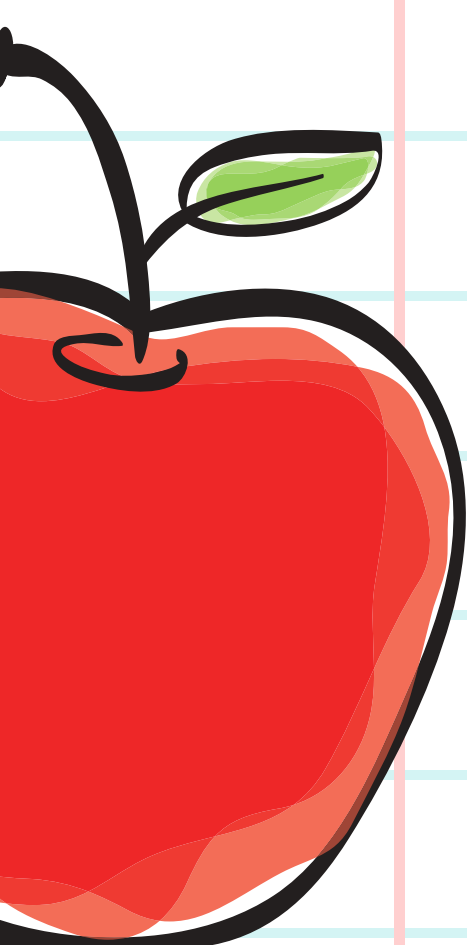
New York

Oregon

Pennsylvania

Texas

Washington



SAMPLE BID SHEET FOR “LOCAL” APPLES

[SFA Name]

District Information:

The food service department is currently seeking vendors to supply fresh fruits and vegetables meeting the below listed specifications to implement a focus on locally grown fruits and vegetables in the school cafeteria.

Informal Bid Quote Worksheet

Product Name: Apples

Specifications

- U.S. Fancy / No. 1
- Smooth skin – free of blemishes, bruises, or scars.
- Tenderness and Maturity – not more than an average of five percent in any lot and ten percent in individual containers may be further advanced in maturity than firm ripe.

Delivery

- Delivered within ____ hours of harvest.
- Deliveries may be made to [Desired drop off location] between ____ AM and ____ PM.
- Other delivery or packaging requirements

Qualifications & Experience

- Overview of food safety procedures
- Three references
- Able to provide farm/facility tour or classroom /cafeteria visit.

Variety

Products will meet color and desirable characteristics typical of each variety as listed below:

(List of apple varieties available within the district definition of “Local” and a brief description of the desirable characteristics of the variety)

Examples:

Cortland - Firm, juicy & tender

Braeburn - Skin is thin and seems to disappear in the mouth. The flesh is yellow- green to creamy yellow, breaking and crisp in texture.

Geographic Preference

Able to provide produce from within the geographic preference area (list below)

Variety Available	Count Ct/case	Packed	Price/ case	Estimated Quantity	Minimum Delivery	Months Available

Buy American

Bidders are required to certify that all products are processed in the U.S. and contains over 51% of its agricultural food component from the U.S. to be in compliance with all requirements regarding "Buy American".

Evaluation of Solicitation

Award will be made to the lowest responsible bidder. The lowest responsible bidder will be determined based on an evaluation of the price, products available, delivery timelines and evaluation criteria shown hereafter. Such determination will, of necessity, require judgmental evaluations by district representatives. The decision resulting from the evaluation process as to which product best meets the needs of various programs remains the sole responsibility of the requesting School Food Authority District and is final.

Additional Information for Bidding Local Produce

Produce Information Sheets

<https://www.fns.usda.gov/ofs/produce-information-sheets>

USDA Geographic Preference: What It Is and How to Use It

<https://www.fns.usda.gov/cfs/geographic-preference> Example: Geographic Preference

- A. [SFA Name] desires to serve _____ (describe preference) grown products to its students.
- B. Under federal law, [SFA Name], as the purchasing institution, has the authority not only to apply a “local” geographic preference to minimally processed foods, but also to determine what is “local” for the purposes of United States Department of Agriculture (USDA) programs such as the National School Lunch Program, the School Breakfast Program, the Fresh Fruit & Vegetable Program, the Special Milk Program, the Child and Adult Care Food Program, the Summer Food Service Program, and the Department of Defense Fresh Program.
- C. [SFA Name] defines “locally grown products” as grown within _____ of the [SFA Name] district office located at [District office Address].
- D. As allowed under federal law, [SFA Name] will provide a point preference during evaluation of quotes to “locally grown products” purchased for school food procurement as defined under this geographic preference. The point preference is as follows:
- a. If a product is grown and packaged or processed within _____ a 15-point weighted preference will be applied.
 - b. If a product is not grown packaged or processed within _____, though meets the definition of “local” specified in paragraph (C), a 10-point weighted preference will be applied.
- E. Pursuant to USDA regulations, the geographic preference in this section is applied only to “minimally processed” agricultural products that retain their inherent character.

Example Criteria

Evaluation Criteria		Maximum Points to be Awarded
Price	Price per pound and count per case.	30 points
Product Specifications	Quality of the products offered.	15 points
Delivery	Location and delivery time.	15 points
Qualifications & Experience	Service history in general and additional qualifications and/or conditions.'	15 points
Invoice data	Ability to show state of origin on invoice	10
	Ability to show farm of origin on invoice	5
Farm tours	Opportunity for farm tours or farmer classroom visits	5
Geographic Preference	Ability to provide products sourced from within the stated geographic preference area.	15 points
Variety available	Product variety available for distribution. Preference will be provided for a vendor who may provide more than one variety of the product specified.	0-5 points*

*weighted points vary by product requested

USDA Produce Safety University Resources

<https://www.fns.usda.gov/ofs/take-home-training-professional-standards>

<https://www.fns.usda.gov/ofs/produce-safety-videos>

<https://www.fns.usda.gov/ofs/produce-safety-webinars>

Apple Variety information

California	http://www.calapple.org/uploads/1/2/5/0/125053236/california_apple_varieties.pdf
Florida	Apples not grown commercially
Georgia	https://365atlantatraveler.com/types-of-apples/
Maryland	http://www.marylandapples.com/apples.html , https://newenglandapples.org/2014/10/16/new-england-apples-from-the-usa/
Massachusetts	https://www.massfarmtoschool.org/wp-content/uploads/2017/08/Massachusetts-Apple-Varieties.pdf , https://newenglandapples.org/2014/10/16/new-england-apples-from-the-usa/
Michigan	https://www.michiganapples.com/About/Varieties
New York	http://www.nyapplecountry.com/varieties , https://newenglandapples.org/2014/10/16/new-england-apples-from-the-usa/
Oregon	https://www.gardenguides.com/13428994-apple-varieties-grown-in-oregon.html
Pennsylvania	https://www.marketsatshrewsbury.com/blog/guide-to-common-types-of-apples/ , https://newenglandapples.org/2014/10/16/new-england-apples-from-the-usa/
Texas	https://agrillifeextension.tamu.edu/library/farming/texas-fruit-and-nut-production-apples/#:~:text=help%20control%20diseases.-,Varieties,%2C%20and%20'Royal%20Gala'
Washington	https://www.tripsavvy.com/apple-varieties-grown-in-washington-state-2965

Apple Facts

History of Apples

- Archeologists have found evidence that humans have been enjoying apples since at least 6500 B.C.
- Charred apples have been found in prehistoric dwellings in Switzerland.
- The apple tree originated in an area between the Caspian and the Black Sea.
- The pilgrims planted the first United States apple trees in the Massachusetts Bay Colony.
- In colonial time apples were called winter banana or melt-in-the-mouth.
- One of George Washington's hobbies was pruning his apple trees.
- Newton Pippin apples were the first apples exported from America in 1768; some were sent to Benjamin Franklin in London.
- America's longest-lived apple tree was reportedly planted in 1647 by Peter Stuyvesant in his Manhattan orchard and was still bearing fruit when a derailed train struck it in 1866.
- The old saying, "An apple a day keeps the doctor away," comes from an old English adage, "To eat an apple before going to bed, will make the doctor beg his bread."

Apple Science

- The science of apple growing is called pomology.
- Apples are a member of the rose family.
- Some apple trees will grow over forty feet high and live over a hundred years.
- Apple trees take four to five years to produce their first fruit.
- It takes the energy from 50 leaves to produce one apple.
- 25 percent of an apple's volume is air. That is why they float.
- Apples have five seed pockets or carpels. Each pocket contains seeds. The number of seeds per carpel is determined by the vigor and health of the plant. Different varieties of apples will have different numbers of seeds.

Equivalents

- Apples harvested from an average tree can fill 20 boxes that weigh 42 pounds each.
- A peck of apples weighs 10.5 pounds.

- A bushel of apples weighs about 42 pounds and will yield 20-24 quarts of applesauce.
- Two pounds of apples make one 9-inch pie.
- It takes about 36 apples to create one gallon of apple cider.

Health Facts

- Apples are fat, sodium, and cholesterol free.
- A medium apple is about 80 calories.
- Apples are a great source of the fiber pectin. One apple has five grams of fiber.
- Don't peel your apple. Two-thirds of the fiber and lots of antioxidants are found in the peel. Antioxidants help to reduce cell damage, which can trigger some diseases.

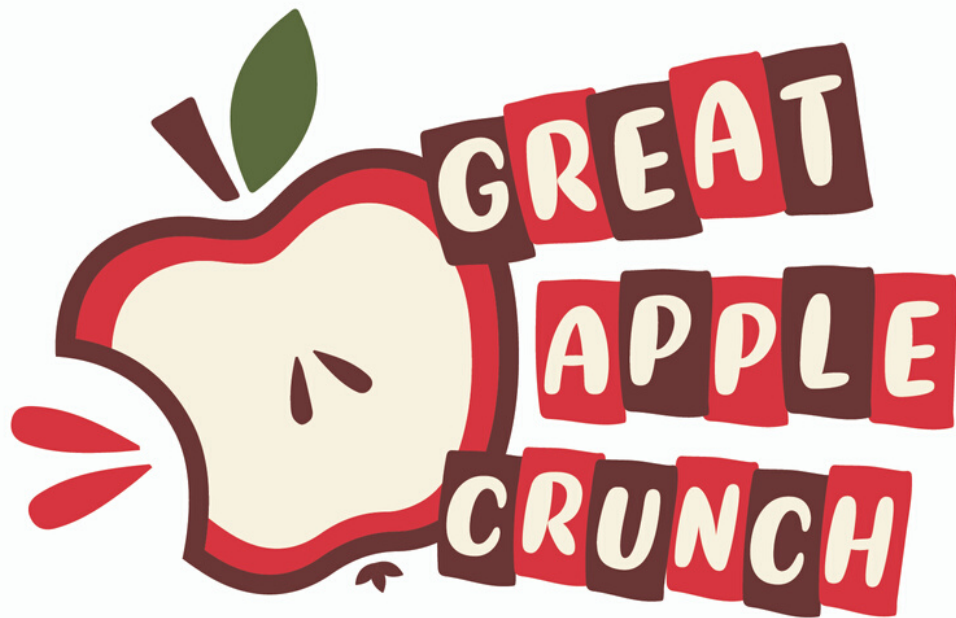
Statistics

- 2500 varieties of apples are grown in the United States.
- 7500 varieties of apples are grown throughout the world.
- 100 varieties of apples are grown commercially in the United States.
- Apples are grown in all 50 states, but commercially grown in only 36 states.
- 39 percent of apples are processed into apple products; 21 percent of this is for juice and cider.
- The apple variety 'Red Delicious' is the most widely grown in the United States.
- In 2008, the average U.S. consumer ate about 16.4 pounds of fresh-market apples.
- The largest apple picked weighed three pounds.
- The average size of a United States orchard is 50 acres.
- Apples are the second most valuable fruit grown in the United States. Oranges are first.
- The largest U. S. apple crop was 277.3 million cartons in 1998.
- China is the leading producer of apples with over 30 million metric tons grown in 2009.
- The world's top apple producers are China, United States, Turkey, Iran and Poland.
- Apples account for 50% of the world's deciduous fruit tree production
- The five most popular apples in the United States are Red Delicious, Golden Delicious, Gala, Fuji and Granny Smith.

Miscellaneous Facts

- Most apples are still picked by hand in the fall.
- Apple varieties range in size from a little larger than a cherry to as large as a grapefruit.
- Many growers use dwarf apple trees.
- The Lady, or Api, apple is one of the oldest varieties in existence.
- Apples ripen six to ten times faster at room temperature than if they were refrigerated.
- The world's largest apple peel was created by Kathy Wafler Madison on October 16, 1976, in Rochester, NY. It was 172 feet, 4 inches long. (She was 16 years old at the time and grew up to be a sales manager for an apple tree nursery.)

G R E A T L A K E S



ILLINOIS 2020 CRUNCH GUIDE
for EARLY CARE AND EDUCATION

JOIN US AT NOON ON THURSDAY, OCTOBER 8

ILLINOIS
FARM to SCHOOL
NETWORK



NATIONAL
FARM to
SCHOOL
MONTH



Seven Generations Ahead
Building Healthy & Sustainable Communities

WHAT IS THE GREAT LAKES GREAT APPLE CRUNCH?

The Great Lakes Great Apple Crunch encourages healthy eating and supports farm to school and other local food purchasing initiatives throughout the region. It's also a fun way to connect food and agriculture to classroom curricula – from science to art & more!

Join the Great Lakes states of Minnesota, Wisconsin, Illinois, Indiana, Michigan and Ohio in celebrating [National Farm to School Month](#) ↗ by crunching into locally and regionally grown apples at NOON on **Thursday, October 8, 2020**. Of course, if you are unable to participate on October 8th or exactly at noon, we still encourage you to plan an Apple Crunch event anytime during October's National Farm to School Month.

Participants of all ages are invited to crunch!

For more information about the Great Lakes Great Apple Crunch visit our Crunch website at www.illinoisfarmtoschool/Great-Apple-Crunch ↗

Please note: This PDF includes clickable links to additional online resources. Clickable links are [blue](#) and followed by a blue arrow (↗) like the Apple Crunch website above.



HOW TO GET STARTED

→ REGISTER YOUR CRUNCH!

The best first step is to make your Crunch count. Be sure to register your Great Apple Crunch at www.cias.wisc.edu/applecrunch ↗.

→ ASSEMBLE AN APPLE CRUNCH PLANNING TEAM

Invite teachers, food service staff, administrators, parents, and students to participate in the event planning process.

→ FIND YOUR APPLES

Review the "Find Your Local Apples" section for tips on finding local orchards to supply apples for your Crunch.

→ CHOOSE YOUR CRUNCH DAY ACTIVITIES

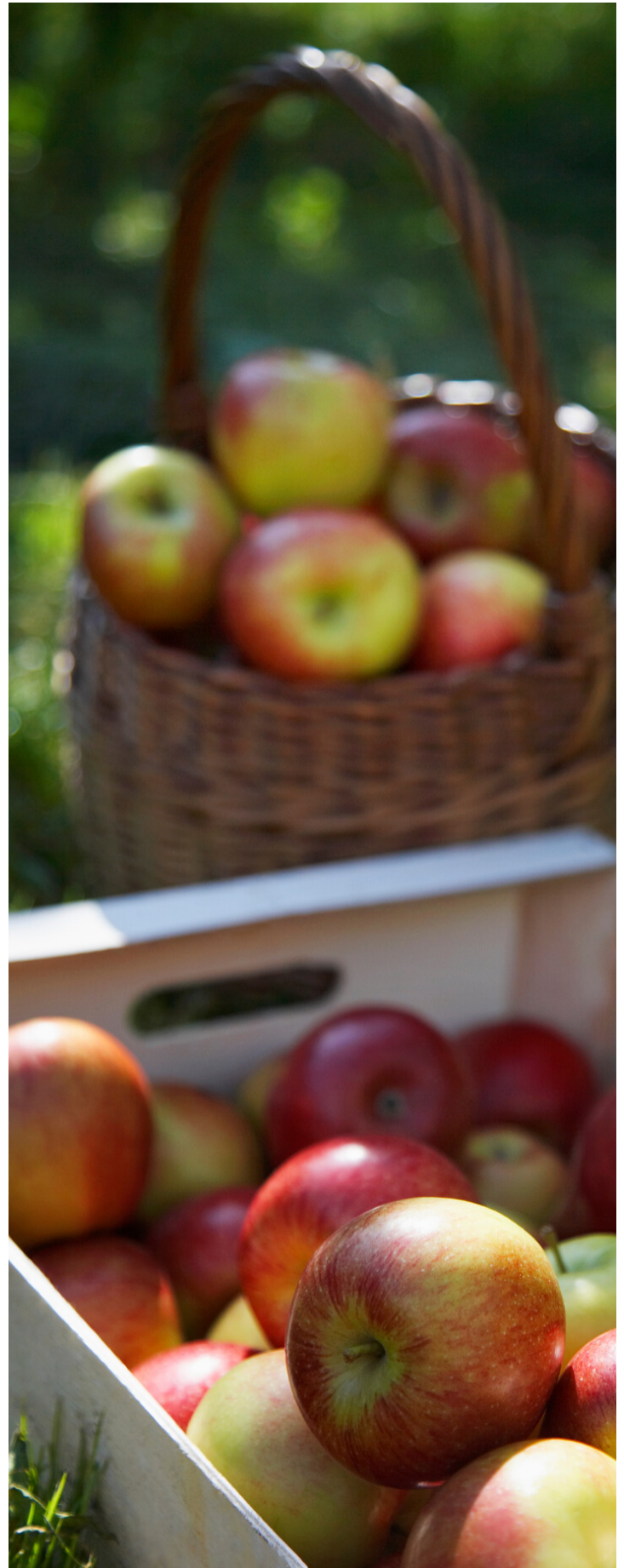
In addition to your Great Apple Crunch at noon, plan fun and engaging educational activities, lessons, field trips, or farmer visits to celebrate Crunch day!

→ PREPARE YOUR COMMUNITY FOR THE CRUNCH

See "Promote Your Crunch" for tips to spread the word about your Crunch - and build excitement, fundraise, or find volunteers for your event!

→ AMPLIFY YOUR CRUNCH

Read "Share Your Story" and learn to amplify your Crunch through photos, social media, TV, newspaper, and radio!



FIND YOUR LOCAL APPLES

→ APPLE ORCHARD LIST, UNIVERSITY OF ILLINOIS EXTENSION

Look for orchards near you, including pick-your-own and farm stand options.

www.web.extension.illinois.edu/apples/appleorchards.cfm ↗

→ ILLINOIS FARMERS MARKET ASSOCIATION

Find a farmers' market near you, or search for local apple growers.

www.ilfma.org ↗

→ ILLINOIS MARKET MAKER

Connecting farmers with food retailers, grocery stores, processors, chefs, caterers, and consumers.

<https://il.foodmarketmaker.com/main/mmsearch> ↗

→ ILLINOIS ORCHARD DIRECTORY, ORANGE PIPPIN

Use this list to find orchards, apple varieties, u-pick, and other options in Illinois.

www.orangepppin.com/orchards/united-states/illinois ↗

→ USDA ON-FARM MARKET DIRECTORY

A great resource for finding farm stands and markets with local apples.

www.ams.usda.gov/local-food-directories/onfarm ↗

→ USDA FOOD HUB & CO-OP DIRECTORY


A helpful tool for finding local food distributors and aggregators near you.

www.ams.usda.gov/local-food-directories/foodhubs ↗

→ USDA GUIDE TO PROCURING LOCAL FOOD FOR CHILD NUTRITION PROGRAMS

All you need to know about purchasing local foods through USDA programs

[Click here to access the PDF](#) ↗



Remember: The goal of the Crunch is to support our local farmers by purchasing the fruits of their labors! Always inquire about buying apples, but be open to donations if they are offered.

HOW TO PURCHASE YOUR APPLES

- ➔ **VISIT THE FARMERS' MARKET**
Here you'll find the most apple varieties, meet your farmers, and hand pick the right-sized apples, while using your nutrition program dollars too.
- ➔ **ASK YOUR CURRENT VENDORS**
Ask your broadband or produce distributors if they have any local, farm-identified apples available.
- ➔ **BUY FROM LOCAL ORCHARDS**
Ask for small apples that are harder for farmers to sell, but perfect for kids! Find local farms in the "Find Your Local Apples" section of this Crunch Guide.
- ➔ **FIND A FOOD HUB**
Food hubs and regional produce aggregators may have just what you need. Check out the [USDA Local Food Hub Directory](#) ↗
- ➔ **STOP AT A FARM STAND**
Visit a local farm stand or U-pick and get apples from where they are grown!
- ➔ **SHOP LOCAL AT THE GROCERY STORE**
Look for apples identified as "local" or "Illinois-grown" at your local grocery store or food co-op.
- ➔ **ASK FOR HELP**
Contact [Illinois Farm to School Network](#) ↗ for assistance to locate apples near you!



Nature Exploration Academy Early Childcare
Orland Park, IL

ECE RECIPES



→ APPLE SALAD

A tangy take on yogurt parfait, with a million ways to make it local.

[Recipe Here ↗](#)

→ BERRY BONANZA

A unique, no-cook yogurt and oatmeal breakfast featuring seasonal fruits.

[Recipe Here ↗](#)

→ RHUBARB APPLESAUCE

A great recipe for the kitchen, or a classroom activity.

[Recipe Here ↗](#)

→ GOLDEN RAYS

A warm and delicious twist on traditional oatmeal!

[Recipe Here ↗](#)

→ BOOKWORM APPLE BARK

Local apple slices topped with peanut butter, herbs & dried fruit for a perfect snack.

[Recipe Here ↗](#)

→ BAKED BATATAS & APPLES

Slightly sweet, the perfect treat - sweet potatoes and local apples that credit for veggies and fruit!

[Recipe Here ↗](#)

→ APPLE JACKED PANCAKES

Try purchasing locally grown whole grains for this fun breakfast recipe.

[Recipe Here ↗](#)



→ CRUNCH TIME TIPS

- To ensure everyone can enjoy the Crunch and that apples don't go to waste, consider cutting apples into halves or slices for younger students.
- Make the Great Lakes Great Apple Crunch into a school-wide celebration by pairing older students and younger students together for crunch time.
- Don't forget to appoint a parent, teacher, student or community member to act as photographer or videographer and capture all the action of the Great Apple Crunch!
- Post to Instagram, Facebook or Twitter using [#GreatAppleCrunch](#) [#ILAppleCrunch](#) [#F2SMonth](#)

→ KEEP THE CRUNCH GOING ALL DAY!

- Taste test multiple apple varieties and vote on your favorite.
- Feature a recipe with local apples in school breakfast or lunch throughout October.
- Invite a local farmer to the classroom or cafeteria to participate in the event!
- Arrange a field trip to a local orchard and Crunch under the trees.
- Lead a hands-on cooking class for students featuring a healthy apple recipe.
- Take a look at the apple-based learning ideas on the next two pages to connect your Crunch to the classroom.

CONNECT TO LEARNING

The Great Lakes Great Apple Crunch is easily extended into developmentally appropriate apple-based learning activities for a creative way enhance children's connections with food and healthy eating! Check out the resources below for apple-themed learning activities.

→ LESSON PLANS AND FARM TO ECE RESOURCES FOR APPLE CRUNCH



[Wisconsin Farm to ECE Interest Areas For Young Children ↗](#)
Community GroundWorks



[The Apple Market: Apple Dramatic Play in Preschool ↗](#)
Teach Preschool



[Apple Taste Tests for Young Children ↗](#)
Community GroundWorks



[The Hayride, A Resource for Educational Field Trips ↗](#)
Growing Minds



[Search Online For Informal Activity Resources ↗](#)
Eg: Teaching2and3yearolds.com



[Search Pinterest for "Early Care Apple Activities" ↗](#)
Eg: Pinterest Page



Apple Math at Washington School
Bloomington, IL



[Farm to Preschool Taste Test Guide ↗](#)
Quality Care for Children



[An Apple A Day Lesson Plans ↗](#)
IL Ag in the Classroom



[Michigan Apples Educational Kit ↗](#)
Michigan Apple Committee



[Apple Science Experiments ↗](#)
Little Bins for Little Hands

MORE FUN APPLE LEARNING ACTIVITIES

It's simple to include books, songs, cooking activities, dramatic play, drawing, charts & graphs, classroom murals and visits from special guests to celebrate the Apple Crunch. These activities are a great way to include farm to early care and education (ECE) into your classroom on a regular basis. Farm to ECE teaches kids where food comes from, what is grown in you local area, and is a perfect way to meet learning standards.



READING BOOKS ABOUT APPLES IS A GREAT WAY TO CELEBRATE THE CRUNCH

- Ten Apples Inside by Dr. Seuss
- The Seasons of Arnold's Apple Trees by Gail Gibbons
- Up, Up, Up! It's Apple-Picking Time by Jody Fickes Shapiro
- How Do Apples Grow? by Betsy Maestro
- Just One Apple by Janosch
- Apples, Apples, Apples by Nancy Elizabeth Wallace
- A Tree Is a Plant by Clyde Robert Bulla
- The Apple Pie Tree by Zoe Hall
- Anna Cultiva Manzanas by Monica Wellington
- Apple Farmer Annie by Monica Wellington
- ¡Deliciosas manzanas! by Tina Athaide
- The Apple Tree, A Modern Day Cherokee Story
- Told in English and Cherokee by Sandy Tharp-Lee



SINGING SONGS ABOUT APPLES ENGAGES CHILDREN IN A FUN WAY

Three Red Apples

Adapted from a song by Jean Warren

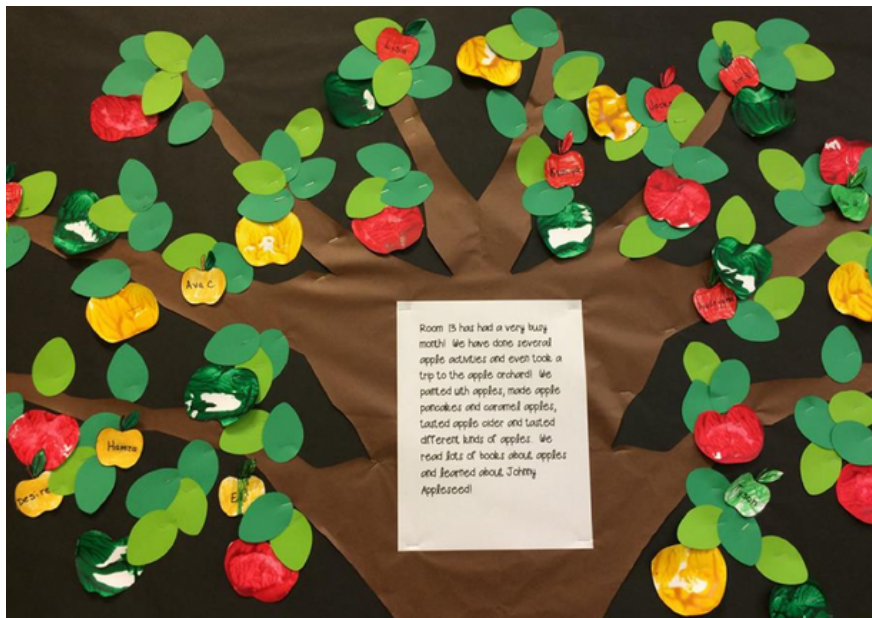
Three red apples high on the tree,
One fell down next to me.
I gave it to mother and this is what she said,
"I love apples, juicy and red".
Two red apples high on the tree,
One fell down next to me.
I gave it to sister and this is what she said,
"I love apples, juicy and red".
One red apple high on the tree,
One fell down next to me.
I gobbled it up and this is what I said,
"No more apples, juicy and red!"

Apples, Apples

Sung to the tune: Twinkle,
Twinkle, Little Star

Apples juicy, apples round;
On the tree or on the ground.
Apples yellow, apples red,
Apple pie and juice and bread!
Apples crunchy, apples sweet;
Apples are so good to eat

CREATIVE APPLE LEARNING EXAMPLES



Decorate an apple tree with colorful apples painted by children



Mooseheart Child City
and School - Mooseheart, IL

1				How many seeds?
Sofia	Sweet	Good	like candy	
Haile	Good	Sour	Sour	
Kai	Yummy	Sour	Juicy	
Braydan	Good	Nice - I like it	Good	
Andrew	Delicious	It's good	Juicy	
Shaun	Juicy	Juicy	Juicy	
Treylen	Super Good	Juicy	Tastes like green	
Alex	Delicious	Delicious	Juicy	
Gracie	Delicious - I liked the pink	Juicy + Yummy	Tastes like Pineapple	

Do a taste test with different varieties of apples, and children to describe the taste of each. Make a chart to write down apple flavors or vote with stickers.



Invite a chef to prepare a healthy apple recipe with children.

PROMOTE YOUR CRUNCH

Gather a few staff, parents, or community members and create a small team to plan your Crunch activities, find local apples, and promote your event. Make sure you spread the word to children, families, staff, teachers, and the community to maximize the learning opportunities from the Crunch. Here are some general outreach ideas:

- Announce the Crunch in your newsletter, email, or during pick-up and drop-off. Use this opportunity to find volunteers to help with classroom or kitchen Apple Crunch activities.
- Promote the Crunch through social media using the hashtags [#GreatAppleCrunch](#), [#ILAppleCrunch](#), [#F2SMonth](#), and [#ILLittleCrunchers](#). On Facebook, repost the "We Registered" badge and share the Crunch Countdown posts.
- Ask parents to donate local apples, or funds you can use to purchase apples from the local farmers' market.
- Arrange a special Apple Crunch education session that's open to everyone. Offer apples, share apple nutrition information, and hand out recipes to use at home. Be sure to find a time where most parents and caretakers can join.
- Create Crunch flyers or posters to decorate your classroom, hang in your center, or send home. Use the Great Lakes Great Apple Crunch logo, or ask children to draw apple designs for your event!
- Mark the Crunch on your meal and snack menu, include the orchard that grew the apples.
- Make a Crunch Countdown calendar for the classroom and practice counting each day!



Get everyone, fruits and vegetables included, in all your Crunch photos!

SHARE YOUR STORY

It's not a Crunch heard 'round the region unless you get the word out far and wide!

- Inform local newspapers and television reporters know about your Apple Crunch. Send a press release or invitation to join your event. [Click here ↗](#) for a template press release to customize for your outreach. Use the celebration as a way to share more about your farm to school activities, local food purchasing, and **National Farm to School Month**.
- Get out your camera, smartphone, or video device and take a “crunch byte” to share through social media.

- Share your event widely through Facebook and other social media! Post to your page and with the Great Apple Crunch pages too!

Facebook: www.facebook.com/GreatLakesGreatAppleCrunch ↗

Instagram: [@GreatAppleCrunch](https://www.instagram.com/GreatAppleCrunch) ↗

Twitter: [@Gr8AppleCrunch](https://twitter.com/Gr8AppleCrunch) ↗

Note: any photos posted to social media may be used in future Apple Crunch promo material.

- Use the hashtags **#GreatAppleCrunch** **#F2SMonth** and **#ILAppleCrunch** to share your images on Twitter, Instagram and Facebook.



Important reminder:
Make sure you have
appropriate photo release
forms for youth featured in
your Great Apple Crunch
photos.

GREAT LAKES APPLE CRUNCH LOGO

Don't forget to download your copy of the Great Lakes Great Apple Crunch logo. Use the logo to promote the Great Apple Crunch around your community, on your website, and on social media.

You will find various public logo files for your state at the link below. Customize promotional items like posters, blog posts, and social media content.

Click this link to access the logo files:

<https://bit.ly/ILAppleCrunch> ↗



FOR MORE INFORMATION

► Contact the Illinois Farm to School Network

Diane Chapeta

Illinois Farm to School Programs Manager

Seven Generations Ahead

farmtoschool@sevendgenerationsahead.org

708-660-9909 x3

► Check out the Illinois Great Apple Crunch website for more resources:

www.illinoisfarmtoschool/Great-Apple-Crunch ↗

► Dig into National Farm to School Network resources to celebrate Farm to School Month:

www.farmtoschool.org/our-work/farm-to-school-month ↗

► Ready to take your farm to school program to the next level? Check out the **Illinois Harvest of the Month!** Learn more and register here:

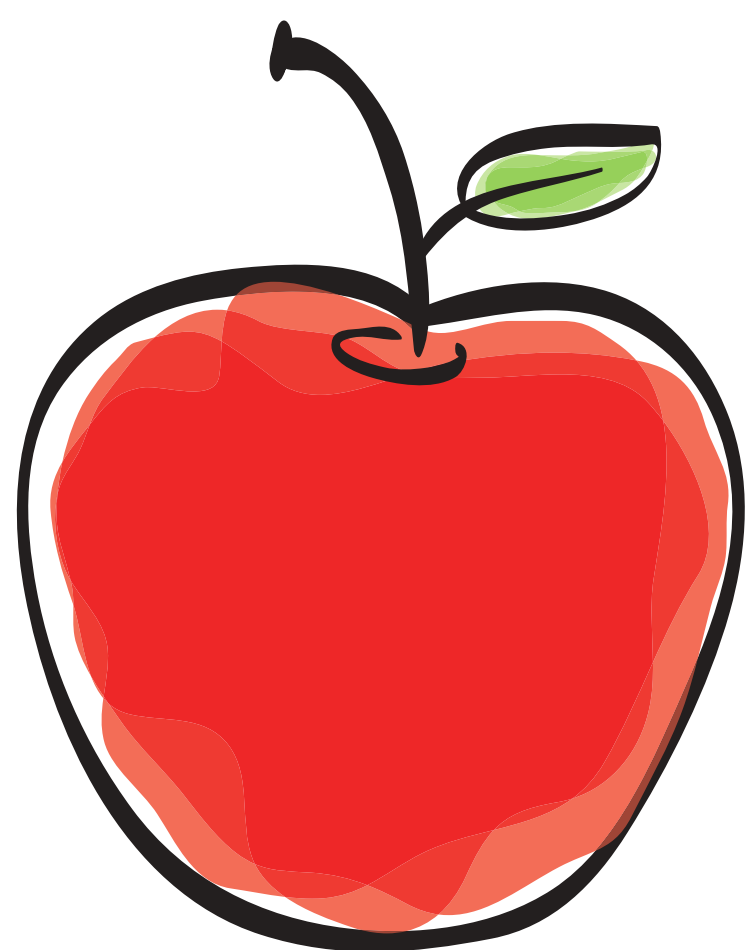
www.illinoisfarmtoschool.org/harvest-of-the-month/



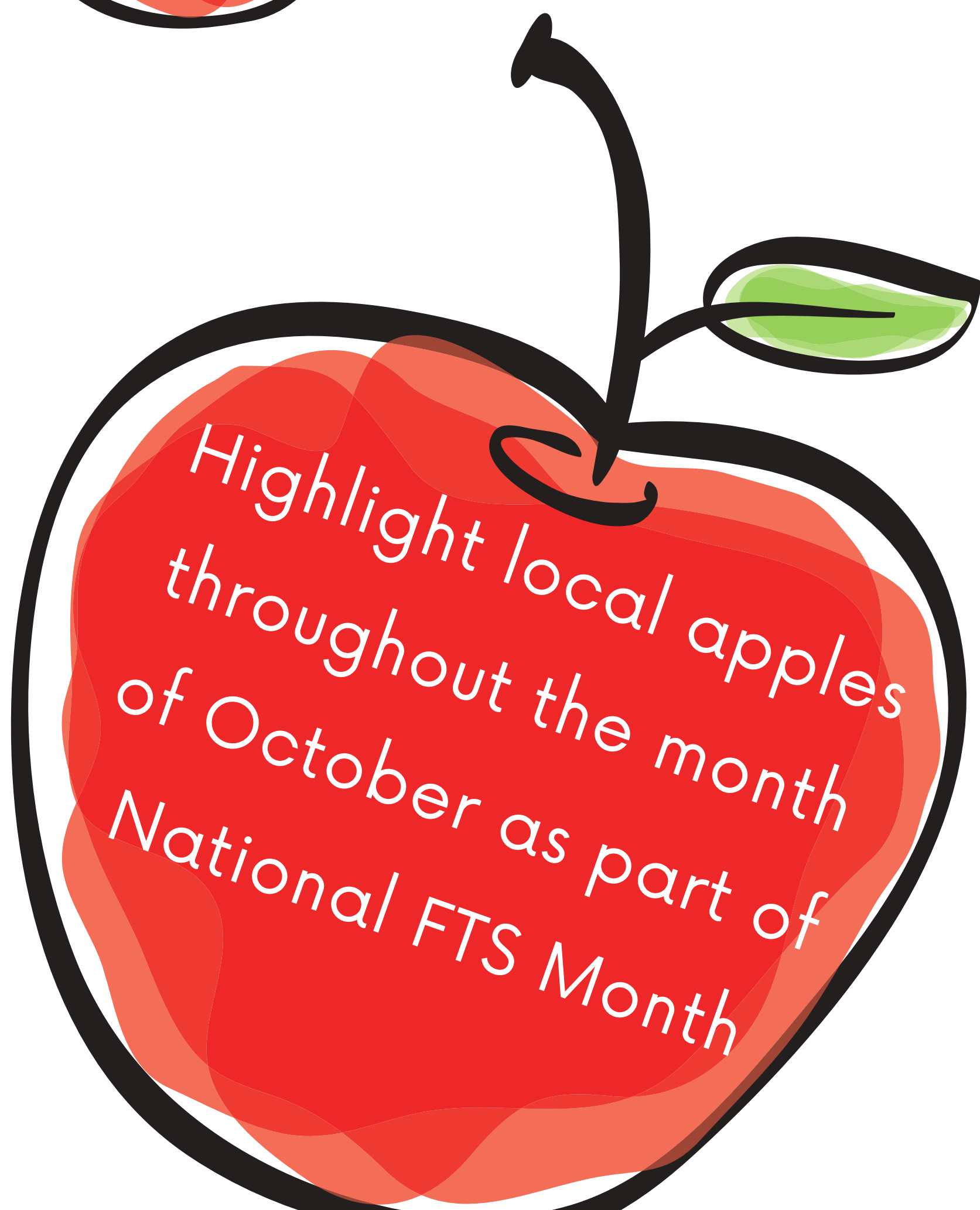
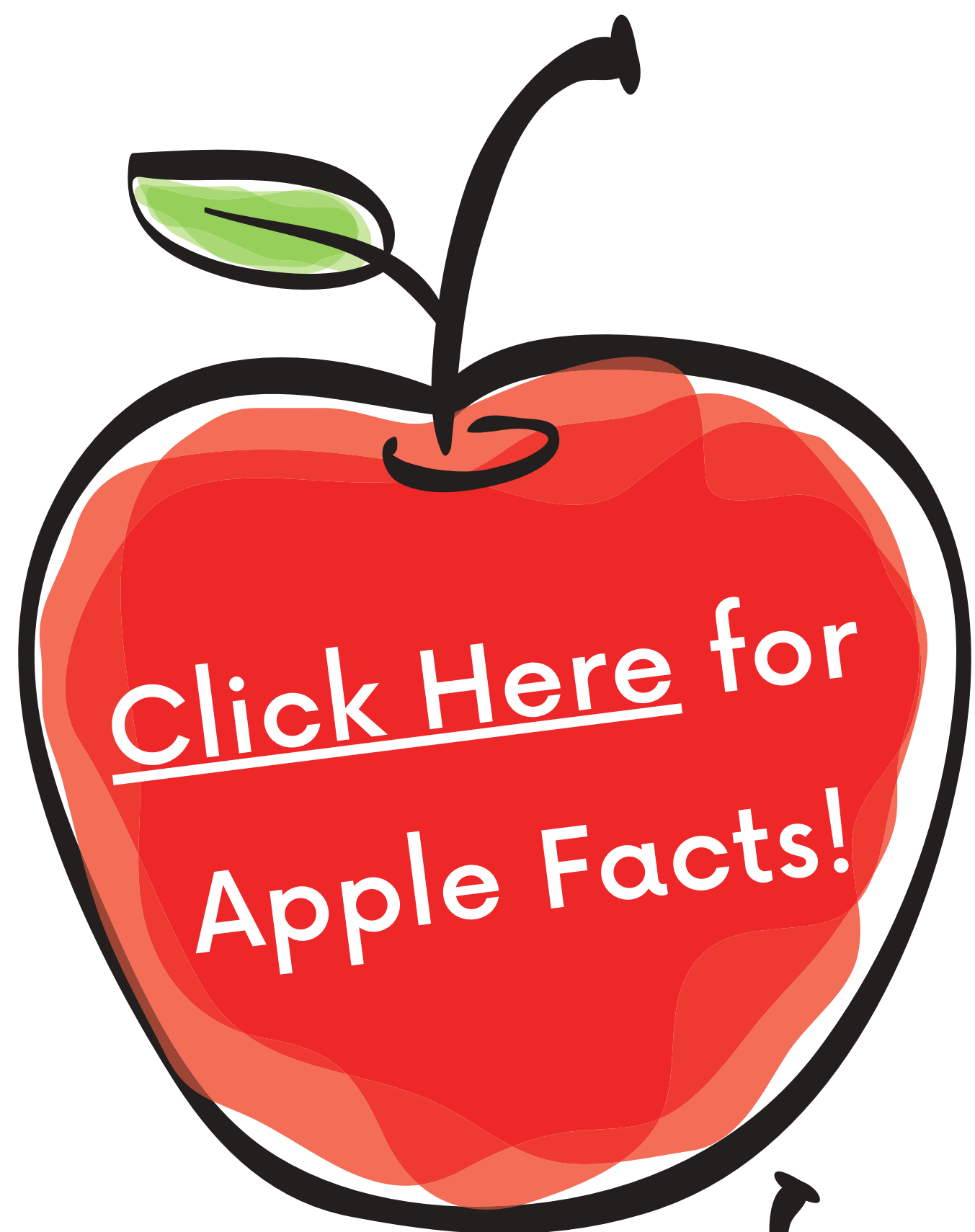
Urban School Food Alliance

APPLE CRUNCH!!

Include Apples on Your
World Food Day Menu,
October 15th



Post Apple Crunch
events on Social
Media and tag USFA
#USFAapplecrunch



G R E A T L A K E S



Check out This Website!