AN APPLE A DAY ON FOOD DAY

Today, to celebrate Food Day, every Elementary and Middle School Student in the Montclair School district, and at the Phoenix Center, Nutley, is receiving an apple from a local Orchard. Apples are also being offered at MHS.

Your apple is from Kauffman Farms, Bird-in-Hand PA or Red Jacket Orchards, Geneva NY.

Both these Farms practice a farming method called Integrated Pest Management (IPM). This is a way of farming that considers the whole environment, people, plants and planet and uses, as much as possible, natural ways to protect the fruit.

First the farmer figures out what the problems are or might be. Then he or she applies methods to prevent pests such as keeping an area very clean, planning the timing of tilling, planting or harvesting carefully. If there is a pest problem then natural predators such as ladybugs can be used. The whole time careful monitoring of everything helps prevent problems arising. Ultimately, if there is a problem that cannot be treated any other way then the lowest, least harmful impact on environment - people, plant, planet is applied in the lowest amount possible.

In conventional farming (regular fruit and veg) lots of chemicals get used to try to avoid any problems which might occur. Some of those chemicals can end up in us when we eat the fruit and vegetables.

www.foodday.org

TAKE YOUR APPLE HOME TO TASTE WITH YOUR FAMILY

Delicious dips and spreads to eat with your apple:

Almond Butter or Peanut Butter- highly nutritious full of energy making protein. Try to get all natural which doesn’t have added sugar your apple, and you, are sweet enough.

Hummus - another protein blast, this time from garbanzo beans.

Cheddar/Hard Cheese - try to eat white not orange. Food coloring, even natural annatto, has been linked with hyperactivity in children.

APPLE VARIETIES

Can you figure out which variety of apple you are eating?

Empire: Red with yellow/green blush. Sweet and tart. Juicy, very crisp, creamy white flesh.


Jonagold: Red and gold. Honey sweet with a hint of tartness. Juicy, Crisp, creamy yellow flesh

Jonathan: red with a touch of green. Spicy and fragrant, juicy, sweet and tart. Crisp, creamy flesh.

Macoun: Red and Green. Extra sweet and aromatic, very juicy. Tender, snow white flesh.