

Lil' Sprouts Newsletter

Did you know?

Did you know that there are 7,500 different varieties of apples around the world?! And 2,500 of these varieties are grown here in the United States. Apples were introduced to the United States by colonists in the 17th century, and the first apple orchard was planted in Boston Massachusetts. One of the reasons that apples are so widespread in the United States is because of John Chapman, (a.k.a. Johnny Appleseed) who really did exist in the early 1800s. Chapman owned many tree nurseries in the Midwest and sold and traded apple trees. Apples are grown on trees, and the flowers bloom in the springtime with the fruit maturing in autumn. The only apples that are native to North America are crabapples. The main difference between an apple and a crabapple is the size of the fruit. Typically, the fruit that grows on a crabapple tree is 2 inches or smaller in diameter, while the fruit that grows on other apple trees is larger than 2 inches in diameter. However, in the United States, the Red Delicious apple is the most commonly grown.

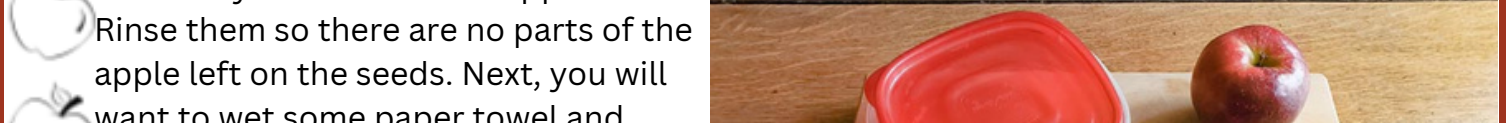
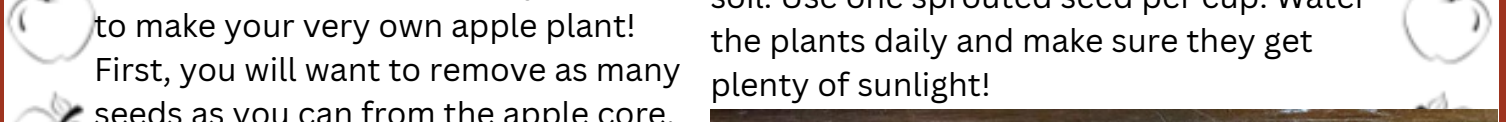
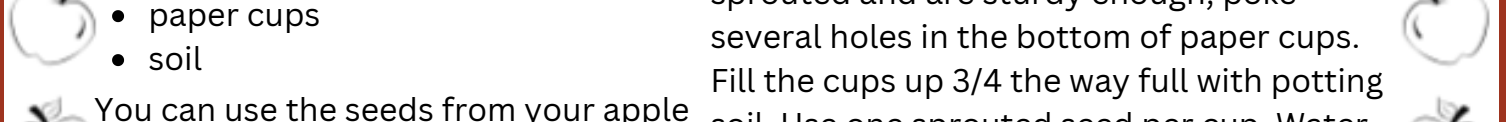
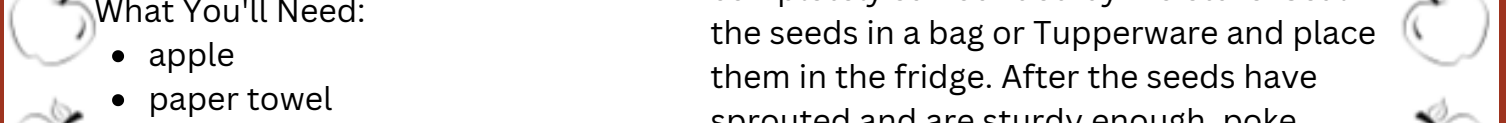
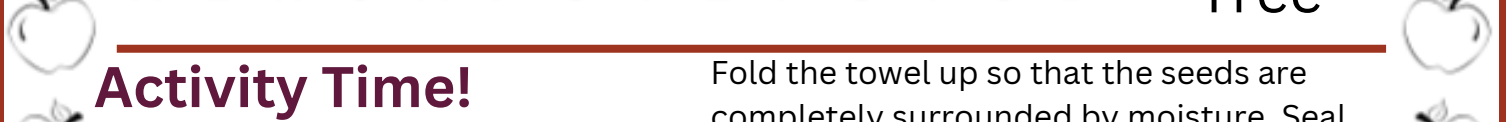
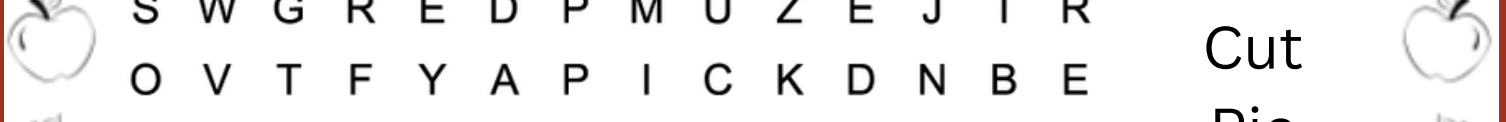
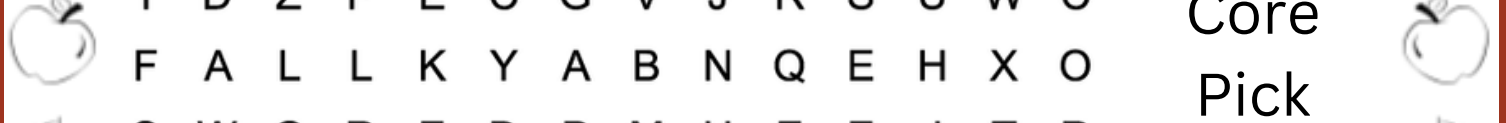
Sweet Treat!



Apple Monsters

Veggie Box apples
Nut butter
Mini marshmallows
Candy eyes (optional)

1. Cut the apples in to thin wedges
2. Spread a thin layer of your nut butter on an apple slice, then stick on a row of marshmallows.
3. Next, spread some peanut butter on the top lip slice, then place it on the marshmallows. Hold in place for a few seconds.
4. Use your nut butter to paste the candy eyes on the top slice!



Activity Time!

What You'll Need:

- apple
- paper towel
- paper cups
- soil

You can use the seeds from your apple to make your very own apple plant!

First, you will want to remove as many seeds as you can from the apple core.

Rinse them so there are no parts of the apple left on the seeds. Next, you will

want to wet some paper towel and place the seeds on it.

Fold the towel up so that the seeds are completely surrounded by moisture. Seal the seeds in a bag or Tupperware and place them in the fridge. After the seeds have sprouted and are sturdy enough, poke several holes in the bottom of paper cups. Fill the cups up 3/4 the way full with potting soil. Use one sprouted seed per cup. Water the plants daily and make sure they get plenty of sunlight!

