



The Scoop on this Week's Snack!



A is for Awesome...

The apple really is an awesome and delicious fruit. Originating in the Middle East more than 4,000 years ago, apples were a symbol for love and beauty in ancient Greek mythology. The **crab apple** is the only apple native to Canada. European explorers brought apple grafts to Canada and in 1859 the Hudson's Bay Company planted the first apple trees in mainland British Columbia. These fruit-bearing orchards were as good as gold for hungry prospectors seeking their fortunes during the gold rush. Today about 75% of all BC orchard land is planted with apple trees.

While some apple trees can reach over 40 feet tall, most farmers now grow varieties that are much shorter and trained on horizontal wires making it easier to harvest their fruit. While many orchard fruits are machine harvested, every apple is picked by hand. During fall harvest, apples are hand picked into picking bags hung from the shoulder and when full, carefully emptied into wooden bins.

Which 'grown in BC' apple are you snacking on today?



Ambrosia - A variety with a pink/red blush. Honey sweet, crunchy, very juicy and aromatic.

Spartan - A small red apple with a sweet, tangy taste.

Fuji - A big apple that's super-sweet, firm and crispy crunchy.

Braeburn - An excellent keeping red apple that's sweet, yet tart, firm, crispy and juicy.

Red Delicious - Oval with bright red skin, this apple is sweet and mildly tart, crispy and juicy.

McIntosh - A smaller apple that's rich, tangy, firm and crispy with distinctive red skin on green colouring.

Honeycrisp - Sweet as honey and extraordinarily crispy. Mostly red over a yellow background.

Orin - This pale yellow apple is very juicy with a mild flavour blend of pineapple and pear.

Golden Delicious - A medium firm, lovely golden apple that's sweet and flavourful.

Did you know that the apple is a member of the rose family? There are thousands of varieties of apples grown around the world - each with their own unique characteristics. Summer apples, those that ripen early in the season, while just as sweet as fall fruit, are softer and less juicy. Fall apples, like Fuji and Ambrosia, have a more intense flavour. As the weather becomes cooler they become even crispier and juicier.



Good Farming = Good for the Land = Good Food = Good for all of us!



Just like the principal takes care of your school, a farmer takes care of the land.

A farmer knows that if she puts good things into her soil and animals they will be healthier and more productive. Her farm is both her home and her livelihood. **Healthy crops and livestock = good business.** Farmers know that they are borrowing the land from future generations to provide us with food today.

Farmers learn a lot from one another. They share ideas and use methods that have worked for generations. At the same time, farmers are always looking for new and sustainable ways of producing healthy and delicious foods while respecting the natural environment.

These are some of the positive things farmers do to grow food for you. Can you think of any others?



Use farmer-friendly bugs to chase after crop-damaging insects. Pest management is a positive way of controlling pest insects.



Use companion planting as a natural way of diverting pest insects.



Use crop rotation to keep the soil healthy and full of nutrients. By changing the type of crop each season, a farmer gives the soil a chance to regain its nutrients for the next crop. Crop rotation is also used to reduce disease.



Recycle. Farmers use crop wastes, manure and other organic waste to add nutrients to the soil. This helps the land to grow more food.



Protect the soil from erosion. Farmers grow hedges around their fields as a natural way of preventing nutrient-filled topsoil from being blown away. Mulching and composting also enrich the soil and stop it from being washed away in the rain.

