

The Scoop on this Week's Snack!

Fresh Apples in a Snap - a Delicious Idea...

The sliced apples you're snacking on today are from Tamarac Fresh Cuts Foods in Kelowna BC. Russ and Tony and their families have been apple growers for a long time – over 50 years! During apple harvest, each apple is hand picked at peak maturity, sorted, graded and packed. Some apples are too small to make the grade. They still taste great and are just as crunchy, but consumers want bigger apples for snacking and baking. Russ and Tony didn't want to waste these delicious small apples – what should they do?

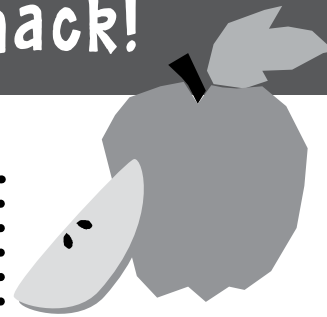
Tony and Russ knew that many children have problems eating whole apples. Wiggly teeth and braces can make it hard to bite into a whole apple. This gave Tony and Russ a brilliant idea. They would take their small apples, pre-cut them and package them in an instant snack in a bag. Now there's great taste without waste and everyone can enjoy fresh apples in a SNAP!

Here's an apple riddle for you to muddle over while you munch:

A basket contains 5 apples. How can you divide them among 5 children so that each child gets one apple and one apple stays in the basket?

(Look on the other side of the page for the answer)

- Sliced apples contain more nutrients than apple juice
- One apple has more fibre than most cereals
- Eating raw apples cleans your teeth and gives your gums a healthy massage
- Apples are fat, sodium and cholesterol free (and we don't want too much of those in our food)



Eat Your Daily Vitamin...

Do you ever wonder why adults say, "an apple a day keeps the doctor away"? With all of the healthy nutrients, antioxidants, and vitamins in apples, eating one apple every day will help prevent you from getting sick. Your snack of sliced apples is loaded with vitamin C – a great immune booster and cold buster.





Let's find out how Russ and Tony prepare their sliced apples...

At Russ and Tony's processing plant in Kelowna, every specially selected apple is inspected by hand, sorted and carefully washed before going through a special slicing and 'calcium ascorbate bath' process. Ascorbic acid is just vitamin C which keeps the apples fresh and stops them from turning brown. The calcium prevents the ascorbic acid from upsetting your stomach. Since the skin holds most of the fibre and lots of nutrients, Tony

and Russ never peel their apples. After washing, each sliced apple is put into a special plastic bag that lets in just the right amount of oxygen to keep the apples fresh and crunchy. The whole time the processing room is kept nice and cool to keep the apples at their freshest. Thanks to Russ and Tony's great idea now there's great taste without waste - fresh apples in a snap!

? Did you know an apple ripens almost 10 times faster at room temperature than in the refrigerator?

Bringing Farm Fresh Food to You

As growers and producers Russ and Tony work with lots of other people to bring you fresh and healthy BC fruits and vegetables every day. Can you think of any other jobs or types of businesses that are involved in producing our food?

(Don't forget, you are too! By asking for and snacking on fresh BC fruits and vegetables you and your teachers complete the chain from Farm to You.)



Since fruits are living foods they continue to ripen even after they're harvested. Keeping apples in cold storage slows down their ripening process so we can enjoy BC apples even during the winter.



Healthy FamiliesBC



BC Agriculture in the Classroom



Riddle answer: 4 children each get 1 apple and 1 child gets the basket with an apple inside!