

Growing Up ...in Ontario!



**THE
AMAZING
APPLE!**

Do apples grow in Ontario?

Yes! The major apple-producing areas in Ontario are spread along the shores of Lake Ontario, Lake Erie, Lake Huron and Georgian Bay. The water temperature of these lakes changes slowly and so does the air around them. This helps to extend the growing season, keeping late spring and early fall frosts from destroying the apples.

How are apples grown?

Apples grow on trees and are picked when the apple is done growing. When it's ready to be picked it should come off easily. Apples bruise easily so it's important to be sure not to drop or bump them against anything. There are approximately 700 apple growers in Ontario. To become more efficient, many growers are converting their old orchards with large trees to higher-density orchards with dwarf trees. This helps to eliminate the need for ladders to pick apples, and allows more trees to be planted in one area.

When are apples available?

Fresh Ontario grown apples are available in grocery stores year-round.



PICTURE THIS!

During picking, apples should never be pulled from the tree. Instead, many apple pickers use the "rolling method". Using this method, apples are gently turned upside down. If the apple is ready to be picked, it will separate easily from the tree. Apples are then placed in bags and gently rolled into bins.

SNACK FACTS!

• In 2005, 268,091 pounds of fresh apples were grown in Ontario. This is equal to the weight of approximately 50 trucks! • In 2007, 17,000 acres of harvested land was used to grow apples in Ontario. • Apples float because 20% of their volume is air! • It takes four apples to make a glass of pure apple juice!

**Don't forget to
wash your hands
before you eat!**

Handwashing is one of the easiest and best ways to stay healthy and prevent spreading germs.

Source: Foodland Ontario (2008); Ministry of Agricultural Food & Rural Affairs (2008); Ontario Apple Growers; Western Growers Association (2006)

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PRODUCE POINTERS

- Apples should be handled with the same care as your eggs. They can bruise very easily.
- Look for firm apples with smooth skin that is free of wrinkles and bruises. Brownish areas don't affect flavour.
- To keep the crunch in Ontario apples, store in plastic bags in your refrigerator crisper.
- Keep overripe apples away from the others. They give off ethylene gas that cause nearby apples to quickly ripen and spoil.
- When preparing apples, keep them from browning by sprinkling cut surfaces with lemon juice.

Source: Ontario Apple Growers

SNACK SEARCH!

I	E	K	O	B	V	P	I	R	E
A	C	H	A	R	V	E	S	T	R
I	P	I	I	U	C	H	R	H	R
A	S	P	T	I	R	H	P	O	S
I	E	H	L	S	A	A	A	I	F
S	P	R	R	E	L	S	O	R	T
D	A	O	O	O	H	S	U	A	D
O	V	E	R	K	C	I	P	T	R
H	T	I	P	R	T	T	O	N	R
R	A	R	E	L	T	I	A	O	A

APPLE

FRUIT

ONTARIO

HARVEST

PICK

BRUISE

ORCHARD

RIPE

Students:

How many servings of vegetables and fruits have you eaten today? Record your number here: _____

Do you know how apples are picked? Read "Picture this!" to learn more.

Parents:

Aim for the recommended number of vegetables and fruit each day. To learn more, take a look at Canada's Food Guide at www.healthcanada.gc.ca/foodguide

Teachers:

Looking for an easy lunch idea to send home with your students? Refer to the "Raisin-Apple Tortilla Roll-Ups" recipe in section 2.8 of *Paint Your Plate! Create a Masterpiece* Vegetables and Fruit Action Guide for Schools.

Keep your balance!

Try to make healthy eating and physical activity a part of your daily routine. Try Trash Ball Tricks. Practice "throwing" tricks with a crumpled piece of paper: over the shoulder, under a leg, or behind the back.

Adapted from Everybody Move! Daily Vigorous Physical Activity resource (CIRA Ontario)



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For recipes and more information, visit:

www.eatrightontario.ca
www.foodlandontario.ca
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