



# Apple Activities



## Apple Varieties

There are hundreds of apple varieties, but only a few are well known. In Nova Scotia the main varieties of apples are: McIntosh, Cortland, Red Delicious, Gravenstein, Spartan, Idared, Jonagold, Empire and Russet.

N.S. VARIETIES	Foods						Availability
	Eating	Salads	Sauce	Pies	Baking	Freezing	
Gravenstein	••••	••••	••••	••••	••••	••••	Mid-Sept - Dec
McIntosh	••••	••••	••••	••••	••••	••••	Late Sept - June
Cortland	••••	••••	••••	••••	••••	••••	Early Oct - May
Red Delicious	••••	••••	••••	••••	••••	••••	Mid Oct - May
Spartan	••••	••••	••••	••••	••••	••••	Mid Oct - May
Idared	••••	••••	••••	••••	••••	••••	Nov - July
Empire	••••	••••	••••	••••	••••	••••	Mid-Oct - June
Russet	••••	••••	••••	••••	••••	••••	Nov - May

•••• = Excellent •••• = Good •• = Poor

**APPLE CARE** This is advanced storage and refrigeration technology. You'll have apples that are still all the ripeness and have the best of texture from plenty of ripening in the refrigerator. The previous boxes, store down ripening and help maintain texture.

Some varieties of apples in a dark, well ventilated, and moist (90% or 100%) cooler will perform best. Some will perform best in general ripening.

Don't store/transport or damaged apples with other apples. The moisture from other apples in break down. Handle with care to prevent bruising.

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People have invented some very interesting names for different varieties. Have you ever eaten a Mutsu or a Summer Rambo? Some varieties were named after people, like Annie Elizabeth and William Crump. Other varieties have pretty names, such as Discovery, Vista Bella, Sunset, and Fiesta. Can you imagine biting into a Winter Banana, a Sheeppose or a Jupiter? If you discovered a new apple variety, what would you name it?

## Activities

### Favorite Variety:

Ask the students what their favorite apple variety is. Mount a large piece of paper in the classroom and have all the students write their favorite apple variety. In a column beside it, have the students write what they like best about the variety (sweet, tart, texture, colour). See which varieties are most popular with the class - and why.

### Variety Taste Test:

Bring several varieties of apples into the classroom for children to sample. Have them record what they liked best/least about each variety on a chart beside each sample (have four categories - taste, colour, texture, other).

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