





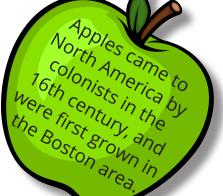




EXTENSION

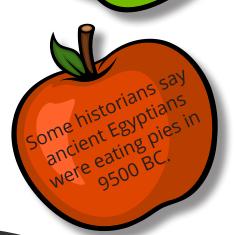
FUN FACTS ABOUT APPLES!

There are over 7,500 known varieties.



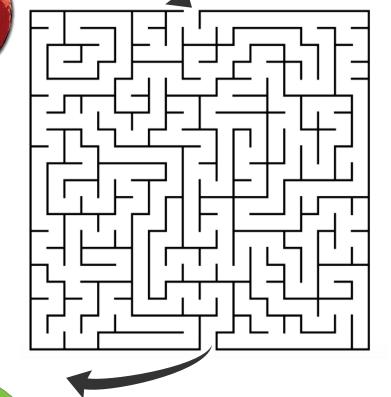












IT'S TIME TO CRUNCH!

Α	Q	Q	٧	0	Ν	Z	Υ	0	R	Α	Υ	G	0	R	Z	Е	ORCHARD
Α	С	Q	٧	F	Α	L	L	R	Y	Р	S	J	Е	W	Υ	J	CRUNCH APPLE
R	0	J	٧	В	Τ	L	0	С	Α	L	Р	Κ	I	В	Е	1	CRISP FRUIT
D	U	Υ	L	U	С	R	I	S	Р	Χ	F	٧	Р	L	L	W	LOCAL
L	٧	Ν	Z	Н	D	K	Κ	٧	L	В	T	0	Κ	W	Ν	F	FARM FALL
J	Χ	٧	С	0	Е	R	Χ	Ν	Α	Q	Ε	T	R	Е	Е	1	PEAR 🌘
Α	G	В	J	Н	Р	D	Α	Κ	Α	Н	G	Q	Q	U	Α	Χ	TREE PIE
J	Z	F	Α	R	M	Р	Ε	Α	R	D	T	С	I	R	Р	В	
Α	F	Р	1	D	L	F	Q	Χ	Н	I	F	I	В	В	Р	R	
0	F	G	L	I	Р	I	Ε	D	L	R	Ν	W	F	Μ	L	С	
Е	0	R	С	Н	Α	R	D	Р	F	В	Χ	U	С	G	Е	Z	
Р	F	Υ	F	R	U	I	T	K	Р	Χ	R	Q	L	Q	G	Α	
	A R D L J A J A O E	A C R O D U L V J X A G J Z A F O F E O	A C Q R O J D U Y L V N J X V A G B J Z F A F P O F G E O R	A C Q V R O J V D U Y L L V N Z J X V C A G B J J Z F A A F P I O F G L E O R C	A C Q V F R O J V B D U Y L U L V N Z H J X V C O A G B J H J Z F A R A F P I D O F G L I E O R C H	A C Q V F A R O J V B T D U Y L U C L V N Z H D J X V C O E A G B J H P J Z F A R M A F P I D L D F G L I P E O R C H A	A C Q V F A L R O J V B T L D U Y L U C R L V N Z H D K J X V C O E R A G B J H P D J Z F A R M P A F P I D L F A F G L I P I B F C H A R	A C Q V F A L L R O J V B T L O D U Y L U C R I L V N Z H D K K J X V C O E R X A G B J H P D A A F A R M P E A F F A R D I F A F F I D I F Q B F F I I F I	A C Q V F A L L R R O J V B T L O C D U Y L U C R I S L V N Z H D K K V J X V C O E R X N A G B J H P D A K A F A R M P E A A F A R M P E A A F G L I P I E D A F G I I P I E D B F F F F F F F F F F F F F F F F F F F	A C Q V F A L L R Y R O J V B T L O C A D U Y L U C R I S P L V N Z H D K K V L J X V C O E R X N A A G B J H P D A K A R A F A R M P E A R H A F G I I P I	A C Q V F A L L R Y P R O J V B T L O C A L D U Y L U C R I S P X L V I I D I I I B I </td <td>A C Q V F A L L R Y P S R O J V B T L O C A L P D U Y L U C R I S P X F L V N Z H D K K V L B T J X V C O E R X N A Q E A G B J H P D A K A H D T A F A R M P E A R D T A F F A F Q X H I F B F I I I I I I I I I I I I I I</td> <td>A C Q V F A L L R Y P S J R O J V B T L O C A L P K D U Y L U C R I S P X F V L V N Z H D K K V L B T O J X V C O E R X N A Q E T A G B J H P D A K A H G Q A F A R M P E A R D T T A F A F Q X H I F I A F G F D F F B X I</td> <td>A C Q V F A L L R Y P S J E R O J V B T L O C A L P K I D U Y L U C R I S P X F V P L V N Z H D K K V L B T O K J X V C O E R X N A Q E T R A G B J H P D A K A H G Q Q Q A F A R M P E A R D T F I B B F B I I I F I I I I I</td> <td>A C Q V F A L L R Y P S J E W R O J V B T L O C A L P K I B D W Y L W C R I S P X F W P L L W Y L B Y F Y P I W P I I W Y I<!--</td--><td>A C Q V F A L L R Y P S J E W Y R O J V B T L O C A L P K I B E D U Y L U C R I S P X F V P L L L V N Z H D K K V B T O K W N J X Y C O E R X N A D E E A D</td><td>A C Q V F A L L R Y P S J E W Y J R O J V B T L O C A L P K I B I I D U Y I U C R I S P X F V P L L W I L V I I D I</td></td>	A C Q V F A L L R Y P S R O J V B T L O C A L P D U Y L U C R I S P X F L V N Z H D K K V L B T J X V C O E R X N A Q E A G B J H P D A K A H D T A F A R M P E A R D T A F F A F Q X H I F B F I I I I I I I I I I I I I I	A C Q V F A L L R Y P S J R O J V B T L O C A L P K D U Y L U C R I S P X F V L V N Z H D K K V L B T O J X V C O E R X N A Q E T A G B J H P D A K A H G Q A F A R M P E A R D T T A F A F Q X H I F I A F G F D F F B X I	A C Q V F A L L R Y P S J E R O J V B T L O C A L P K I D U Y L U C R I S P X F V P L V N Z H D K K V L B T O K J X V C O E R X N A Q E T R A G B J H P D A K A H G Q Q Q A F A R M P E A R D T F I B B F B I I I F I I I I I	A C Q V F A L L R Y P S J E W R O J V B T L O C A L P K I B D W Y L W C R I S P X F W P L L W Y L B Y F Y P I W P I I W Y I </td <td>A C Q V F A L L R Y P S J E W Y R O J V B T L O C A L P K I B E D U Y L U C R I S P X F V P L L L V N Z H D K K V B T O K W N J X Y C O E R X N A D E E A D</td> <td>A C Q V F A L L R Y P S J E W Y J R O J V B T L O C A L P K I B I I D U Y I U C R I S P X F V P L L W I L V I I D I</td>	A C Q V F A L L R Y P S J E W Y R O J V B T L O C A L P K I B E D U Y L U C R I S P X F V P L L L V N Z H D K K V B T O K W N J X Y C O E R X N A D E E A D	A C Q V F A L L R Y P S J E W Y J R O J V B T L O C A L P K I B I I D U Y I U C R I S P X F V P L L W I L V I I D I

A HARDCORE CHALLENGE!

Our classroom is now virtual, but that doesn't stop me from Its October, and												
October is National Farm to School Month! It's also the season of, where the,												
leaves change from green into beautiful colors. During, I go to a Connecticut												
farm to pick You can make pies, juice, and cider from ! They come in (noun)												
different colors like red and My teacher tells me that our class is participating in												
the HardCORE Apple and Pear Crunch Challenge! Our class must take a bite out of a local												
apple or pear! When I take my bite, it makes a large sound! sound!												
As I chew my it tastes like and My favorite snacks to have (noun) (adjective & adjective)												
with apples are cheese or I hope tomorrow's school day is as as today! as today!												

CARAMELIZED APPLES WITH YOGURT SAUCE

Ingredients

- 4 Granny Smith or Gala apples (peeled or unpeeled)
- ¼ cup unsweetened apple juice or apple cider
- ¼ cup brown sugar
- 2 tablespoons cornstarch
- ½ teaspoon cinnamon
- ¼ teaspoon nutmeg
- ¼ teaspoon salt

Yogurt Topping

- 2½ cups low-fat plain yogurt
- 1 tablespoon honey
- ¼ teaspoon cinnamon



Recipe brought to you by New England Dairy



Celebrate Farm to School Month this October!

Directions

- 1. Preheat oven to 350° Fahrenheit. Spray an 8×8-inch baking dish with nonstick cooking spray; set aside.
- 2. Core and thinly slice apples. Place apples in a medium bowl and toss with apple juice. Mix brown sugar, cornstarch, cinnamon, nutmeg and salt together in a small bowl. Sprinkle over apples and stir gently until coated.
- 3. Pour apples into a prepared baking dish. Bake for 40 minutes or until apples are slightly browned at edges and sauce is bubbling.
- 4. For the cinnamon yogurt topping: Line a colander with several paper towels and place over a bowl to catch drips. Pour yogurt into the colander and allow to drain, refrigerated, about 30 minutes. Spoon yogurt into a small bowl and stir in honey and cinnamon. For each serving, top ¼ of the warm apples with ¼ of the yogurt topping.

IT'S TIME TO CRUNCH!

Celebrate local food and farms this week with our recipes, and activities on our website. Crunch on CT!





putlocalonyourtray.uconn.edu/hardcorechallenge