



Apple Harvest

Fall is the time of harvest on farms and orchards. Apple harvest brings festivals and other fun events. Apples play a large role in our lives. Not only are apples delicious, they are packed with nutritious health benefits, too.

Discover more about apples and the importance of apples in our lives. While earning this patch, girls will connect to local farmers and orchards and create ways to share what they learn with others.

How to earn the *Apple Festival* patch the Girl Scout way:

Steps:

1. **Discover**—Learn more about how important apples are to us and what is important to the apple harvest.
2. **Connect**—Discover different varieties of apples and apple farms and orchards.
3. **Take Action**—Bring your apple knowledge to others by creating a healthy nutrition plan and apple recipe guide.

Materials Needed:

In order to complete this patch, you'll need a few things:

- resources to research and learn more about apples (You can either go online with an adult, talk to an expert, or visit your local library.)
- a map of the United States and Pennsylvania
- supplies for cookbook and eating plan

STEP 1

Learn more about apples.

Before you can teach others about what you have learned about apples, you must learn it first! Through the following steps, start your apple education. You can either go online with an adult, talk to an expert, or visit your local library and learn more about one of the following topics.

1. Find out all you can about Johnny Appleseed. Trace his journey on a map as he planted apples across the United States.
2. Find out why bees are so important to apples by talking to local bee keepers who can teach you about bees and what they do for apples.
3. What does the expression “an apple a day keeps the doctor away” mean? Why are apples important to nutrition?

STEP 2

Get into the apple game.

Now that you have learned more about the importance of apples, it's time to start visiting where they grow and test them out! Pick one of the following activities to complete:

1. Visit an apple orchard or cider mill. Talk to the owner and find out about the process involved in growing apples. Pick apples and bring them back for a snack at your troop meeting. Save some apples to donate to a local food bank or other community group.
2. Find six different types of apples and locate where they are grown in our council. Chart the locations on a map and research why that variety of apple grows best in each location. Bring the various apples to a meeting and make a chart about the differences in shape, skin texture, color of fruit, juice, taste, and the color of the skin.
3. Pioneers in the early days of America made dolls from anything that could be found on the land or recycled. Apples were among the materials that these settlers used when they wanted to amuse their children. Make your own apple dolls and donate them to a local shelter or other community organization.

STEP 3

Share apples with others.

Now that you have researched apples, visited where they grow, and talked to an apple professional, it's time to drop some apple knowledge on others! Pick one of the following activities to complete:

1. Find six healthy apple recipes and bind them together into a troop cookbook. Try making at least two of your new recipes!
2. Make up a healthy menu for a week that includes an apple a day. Check out www.choosemyplate.gov to find out how to plan a healthy menu.
3. Using apples as part of a balanced eating program, create a healthy eating guide for families that includes two recipes each for an appetizer, drink, side dish, salad, main dish, and dessert. Make copies to distribute to a local food bank or other community organization.



All done? CONGRATULATIONS! You've completed all the necessary steps to earn the Apple Festival fun patch.

After completing the activities from each step, visit or call a Girl Scouts Western Pennsylvania retail shop at **800-248-3355** to purchase your patch.* A patch may be worn on the back of a vest, sash, or tunic.

**Patch shown may be substituted with similar patch, based on availability.*