

Farm to School

EMPIRE APPLES

Background

The Empire apple is a cross between two other varieties: the McIntosh apple and the Red Delicious apple. It was created in the 1940s at Cornell University in New York.

Fun Fact

When apples are bruised or a little old, don't toss them— use them to make applesauce! Check out the last page for an easy applesauce recipe.



Growing and Harvest



- Empire apples were designed to thrive in places that have hot summers
- Frecon Farms spreads compost in their orchards each spring to add nutrients back into the soil

Your Empire Apples today were grown by:

Frecon Farms
in Boyertown, PA



Activity: Applesauce Recipe

Ingredients:

- 4-6 apples
- $\frac{1}{4}$ - $\frac{1}{2}$ cup water
- $\frac{1}{2}$ - 1 teaspoon cinnamon

Instructions:

1. Peel the apples, remove the cores and cut into one inch pieces.
2. Put the apple pieces in a pot and add about $\frac{1}{2}$ inch of water to prevent the apples from sticking to the bottom of the pot.
3. Cover and bring to a boil, then turn down the heat and simmer till apples are very tender and soft when inserting a fork, about 15 – 20 minutes.
4. Remove the pot from the heat and mash the apples with a fork or potato masher. Add cinnamon and stir to combine.



Equipment:

- Large pot and Cutting board
- Sharp knife and Vegetable peeler
- Fork or potato masher

You could also use the instrument shown above which peels the apple and removes the core all at once!

*This recipe should be used under the supervision of an adult