

The Right Bite

New Michigan Apple Lesson Plan to be Distributed in August

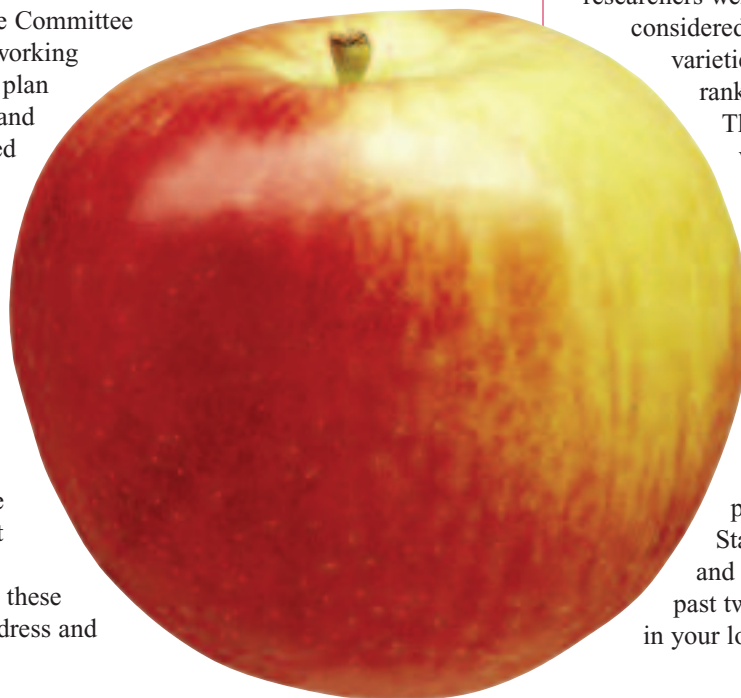
Attention all educators! The Michigan Apple Committee is releasing their new lesson plan materials this August. Just in time for Back to School, as well as apple season, all Michigan elementary schools and middle schools will receive educational material about the Michigan apple industry.

The lesson plan is divided into sections about growing Michigan apples, Michigan apple varieties and more. Sections focus on reading, writing, science, math, health and social studies. A word search activity from the lesson plan is featured in this newsletter on page 3. Lessons are customized and marked for early elementary, upper elementary and middle school students.

Over the past year, the Michigan Apple Committee has worked on this project, including working with a consultant to be sure the lesson plan fits into Michigan's content standards and benchmarks. Also, it has been designed so that teachers can find specific materials easily and can access more information.

MAC is also working on a supplemental DVD for the lesson plan. Stay tuned for more information about when the DVD will be released.

As always, materials such as bookmarks, stickers, posters and pencils are available for schools. Contact MAC at (800) 456-2753 or staff@MichiganApples.com to request these materials. Please indicate shipping address and number of students.



FEATURED VARIETY

Empire

The **Empire** apple is a cross between McIntosh and Red Delicious, and takes on the best characteristics of both. It has a mild tart-sweet flavor and is excellent for eating out of hand, in salads, and for use in baking.

Empire has its origin in 1940s New York, from a cross made at the New York Agricultural Experiment Station in Geneva. It was finally named Empire and released in the mid-1960s.

In 1989, 24 leading international apple researchers were polled as to what they considered to be the 10 best apple varieties in the world, and they ranked Empire number 7.

The Empire stores very well, making it available to consumers almost 12 months of the year. Some apple growers believe that the Empire's flavor, like fine wine, actually improves during storage.

The Empire has grown in popularity in the United States as well as Europe and Latin America over the past two decades. Look for it in your local grocery store!



Li'l Mac's Fill-In-The-Blank!

- _____ is America's most popular apple variety.
- _____ apples are great in pies!
- The _____ is a new variety that originated in Japan.

Answers on page 4.

MICHIGAN APPLE COMMITTEE RECIPE

APPLE-TORTELLINI SALAD

Yield: 24 servings

Nutrition Facts: 194 calories, 3 g fat, 18 mg cholesterol, 36 g carbohydrates, 195 mg sodium, 2 g fiber
Serving Size: 1 1/3 cups

<i>Ingredients</i>	<i>Measures</i>	<i>Weights</i>	<i>Method</i>
MICHIGAN APPLE JUICE , frozen concentrate, thawed	6 oz.	6 oz.	1. Combine MICHIGAN APPLE JUICE concentrate, corn syrup, sugar, vinegar and garlic salt. Cover and refrigerate.
Light corn syrup	8 oz.	8 oz.	
Brown sugar, firmly packed	1-1/2 oz.	1-1/2 oz.	
Cider vinegar	—	—	
Garlic salt	—	—	
Refrigerated cheese filled tortellini, uncooked	2 lb. 4 oz.	2 lb. 4 oz.	2. Cook tortellini according to package directions. Drain and cool completely. Combine cooked tortellini, MICHIGAN APPLES , salad greens, strawberries, celery and onions. Toss with apple juice dressing. Sprinkle with toasted pine nuts, if desired.
MICHIGAN APPLES* , red, unpeeled, cored, sliced	2 lb. 8 oz.	2 lb. 8 oz.	
Salad greens, shredded	1 lb. 4 oz.	1 lb. 4 oz.	
Fresh strawberries, sliced	2 lb.	2 lb.	
Celery, thinly sliced	10 oz.	10 oz.	
Green onions, sliced	2 oz.	2 oz.	
Toasted pine nuts (optional)	2-1/2 oz.	2-1/2 oz.	

*Suggested Michigan Apple varieties to use: Empire, Gala, Ida Red, Jonagold, Jonathan, McIntosh, Red Delicious, or Rome.



Apple Variety Word Search

Find the names of 12 different Michigan apple varieties in the word search. They may be written forward, backward, or diagonal.

Michigan Apple Varieties

Jonathan	Gala
Golden	Ida Red
Rome Beauty	Spy
McIntosh	Paula Red
Delicious	Jonagold
Empire	Fuji

J D F W H F K L A Q W E R T Y U
W O R T I U I O A L A G V B N M
P I N U F J R M C I N T O S H A
I N B A C I D N A L T R O C D C
P R O K G N J S U O I C I L E D
P I G B J O Y U A M I K O N P Q
I D S E S O L E Q P R D E T W Q
N R G E Z W N D Y C U N I O D L
A R O M E B E A U T Y V G S P Y
U N L I M K O L T L K J U H F D
S A D L O G A N O H C O F T Y G
G T E V F R C D E X A W A S D R
F V N G T Y H B N C U N F M O L
P E E H G T E H I D A R E D A S
D E D C H T I L S Y N N A X G W
P A U L A R E D E C V G B N H Y
X J M A S D F G E M P I R E S F





MAC Shows Michigan Apples, Recipes at SNA Conference, In Schools

The Right Bite School Food Service Newsletter

Michigan Apple
Committee Newsletter
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The Right Bite is published by the Michigan Apple Committee (MAC), a nonprofit organization dedicated to improving the profitability of Michigan's fresh and processed apple industries. We invite you to use, copy and share the information in this newsletter.

Answers to Fill-In-The-Blank:

1. Red Delicious
2. Ida Red
3. Fuji



The Michigan Apple Committee's Greg Wilson attended the School Nutrition Association of Michigan's annual conference in April. He spoke with many school food service personnel, discussing the importance of requesting Michigan apples.

Greg has also arranged for Johnny Appleseed to visit two schools in Dearborn this month. For more information on how you can have special apple lessons in your school, contact him at Greg@MichiganApples.com.



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