



APPLE CIDERING PROGRAM

Greenburgh Nature Center

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About Our Programs

Our programs are geared to the grade level of your students. We will accommodate any specific competency or physical needs level if notified in advance. *All classes meet and begin in the visitors parking lot.*

Groups must bring 3-5 apples per child and a container for any "extra" cider. As a safety precaution, all apples brought for a program must be washed ahead of time. To ensure cleanliness, our staff will also do a final wash of your apples before they are ground and pressed. Please be sure apples are fresh and are not bruised or cut. We recommend that all cider be consumed the same day that it is pressed.

APPLE CIDER LORE

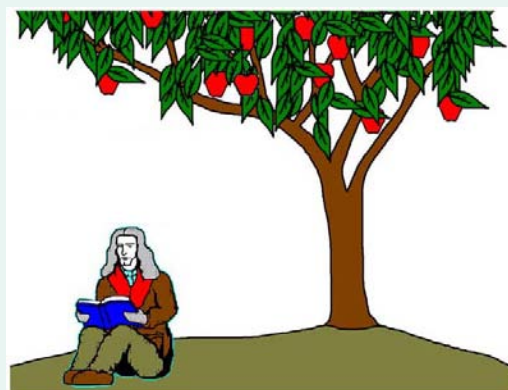
LONG before the proverbial apple fell and hit abruptly upon Sir Isaac Newton's head, apples have been used to make delicious cider. Although the exact origin of the cultivated apple is not known, it is thought to have originated somewhere between the Caspian and Black Seas.

Apples have been so desired in American history that apple seeds were brought from Europe to the New World when settlers first began arriving to its shores. The soon to be apple trees became prized possessions by these early pioneers because of their tastiness and their use in all types of "apple cooking". The three species of native apples already here were crab apples and were not desirable as either fresh fruit or for culinary purposes.

Grafting European varieties onto native American stock or onto other European varieties soon yielded a whole wide variety of apples and eventually good "tasting apples" were produced. This "making" of desirable apples continues even to this day.

Today apple cidering is done by many mills, but homemade "cidering" is on the increase. Cider making at home is a relatively simple process. All you need are a few necessary pieces of equipment and some basic knowledge. In simple terms, all you have to do is separate the liquid from the apple pomace (the meat of the apple). This usually involves the use of an apple press and a mill (or crusher). The biggest expense is incurred when purchasing cidering equipment. A good screw press and crusher may cost \$600.00 or more. To save costs a relative amateur can make a press without too much trouble, however, the crusher will probably have to be purchased.

Making cider to suit the individual taste may be difficult but usually means the mixing of a few varieties, as most mills do. Cider mills usually press whatever varieties are readily and cheaply available at the time. It would be best to experiment with mixing different kinds of apples until you find the cider taste which suits you best. ***Good Luck Trying It!***



Some Ideas for Pre-trip Activities

NOTE: Teachers should adapt the following material to the grade level of their students.

- Make some tasty apple treats:

SLO COOKER APPLE BUTTER

*12 cups unsweetened apple sauce 1 cup vinegar 2 tablespoons cinnamon
6 cups sugar, half brown sugar pinch salt*

Combine ingredients in slo cooker. Cover and cook on high until mixture boils. Remove cover and cook for 6 hours. Stir now and then. Fill clean hot jars to within $\frac{1}{2}$ inch of top and seal. To insure perfect seal, process in boiling water bath for 10 minutes.

- Read about *John Chapman* - better known as **JOHNNY APPLESEED!**



- Try making **Applehead Dolls** like Colonial children did.

To Make:

1. Peel an apple but leave some skin on the bottom.
2. Carve a face into the apple. Make the eyes deeper than the cheeks. The mouth may be slit.
3. Soak the apple in salt water for one hour and put it in a warm dry place to let dry for at least 2 weeks. The apple is completely dry after it has shrunk and shriveled and is no longer soft inside. This may take up to 3 or more months (use it after 4 weeks).
4. The hair can be made from yarn - sew or glue it on.
5. The doll's body may be made any way you like. An easy way to make a body is to sew some material together with some stuffing.

- Make some apple-shaped name tags for your visit.
- Research about some of the varieties of apples found in NY.
- Have a contest to see whose apple has the most seeds (pits), and which apples are favored by the class. Make a chart and record your findings.

Some Ideas for Post-trip Activities

- Read about or visit an orchard.
- Discuss pollination and why its needed for apple trees to bear fruit.
- Plant some apple seeds and see what happens.

Bibliography:

1. *Sweet and Hard Cider*, By A. Proulx & L. Nichols, Garden Way Publishing, Charlotte, VT, 05445, 1975.
2. *Hands-On Nature*, Vermont Institute of Natural Science, Woodstock, VT 05091, 1986. ISBN 0-9617627-0-5
3. *Prime Time Together With Kids*, by Donna Erickson, Augsburg Fortress, 1989. ISBN 0-8066-2430-2
5. *How Do Apples Grow?*, by Betsy Maestro, Harper Trophy, New York, NY, 1992. ISBN 0-06-445117-8

Two "NOT TOO FAR" APPLE SOURCES

Outhouse Orchard

Hardscrabble Road, Croton Falls. 277-3188.
1 $\frac{1}{4}$ miles east of Exit 8 from I684. Opens
~Sept. 12 for apple-picking, 10 a.m.-5 p.m.
weekends only. Market (fruits, vegetables,
doughnuts, cider).

Wilkens Fruit & Fir Farm

1313 White Hill Road, Yorktown. 245-5111.
<http://www.wilkensfarm.com/>



Two excellant web sites on APPLES:

NY Apple Country - <http://nyapplecountry.com>
U.S. Apple Association - <http://www.usapple.org>