

2024/2025 EDITION

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# Pontiac City School District

*Celebrating Great Lakes Apple Crunch!*



E N R I C H M E N T





# MICHIGAN GROWN MICHIGAN GREAT<sup>®</sup>



By local farm families. [MichiganGrown.org](http://MichiganGrown.org)



PAULA RED

First-available and eagerly awaited. Pleasingly tart. **Available: Aug. 25**



GINGER GOLD

Sweet-tasting, with a hint of tartness. Stores well. **Available: Aug. 27**



GALA

A consumer favorite. A soft bite over a mellow sweetness. **Available: Sept. 8**



MCINTOSH

A classic by any standards. Juicy with a lightly tart flavor. **Available: Sept. 10**



HONEYCRISP

Sweet as honey, with a crisp bite. Creating quite a buzz! **Available: Sept. 18**



JONATHAN

A crisp, spicy tang that blends well with other apples. **Available: Sept. 22**



GOLDEN DELICIOUS

A gingery-smooth taste. Known for its sweetness. **Available: Sept. 23**



EMPIRE

Versatile with a firm texture. Sweet, yet tart flavor. **Available: Sept. 23**



JONAGOLD

Michigan grows them best! A must-try. **Available: Sept. 29**



RED DELICIOUS

America's most popular. Full-flavored sweetness. **Available: Sept. 30**



FUJI

A popular late-season variety. Crisp and sweet. **Available: Oct. 2**



ROME

An old-time favorite. Excellent for baking. **Available: Oct. 9**



IDA RED

Tastes tangy and tart. Great for sauces and pies. **Available: Oct. 12**



BRAEBURN

Firm apple with spicy-sweet flavor. Stores very well. **Available: Oct. 25**



EVERCRISP

Sweet, juicy and firm. Packs a powerful crunch. **Available: Nov. 1**



CRIPPS PINK

Pinkish skin with crisp, juicy flesh. Tart with a sweet finish. **Available: Nov. 5**



G R E A T   L A K E S



**OCTOBER 17**

The Michigan Apple Crunch is a statewide event that promotes local food and farm to school programs by encouraging as many people as possible to “crunch” into a juicy Michigan Apple.





Michigan

# Apples

Apples are the **largest & most valuable** crop grown in MI.

Michigan is home to over **14 MILLION** apple trees.



Michigan harvests **24 MILLION** bushels of apples each year.

Most apples are harvested & sold **fresh**.

**21%** of all harvested apples are **juiced**.



apples makes **1** gallon of cider.

**2,500+** varieties of apples are grown in the U.S.

Apples are one of the **most widely cultivated** tree fruits.



An **apple blossom** is the flower that comes from an apple tree.

Apple trees take at least **4 years** to start producing fruit.





# Peterson Farms

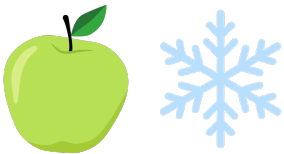


Peterson Farms was started by **Earl Peterson** & his wife **Linda** in **1972**.



Peterson Farms supplies **over 6** varieties of apples.

**150 MILLION** pounds of fresh → frozen fruit processed each year.



Peterson Farms is located in **Shelby, Michigan**.



Peterson Farms **FIRST** farm was located in **Oceana Co, Michigan**.



Peterson Farms apples come from **600+ farmers** across the U.S.



Peterson Farms is one of the **LEADING** processors of fresh-cut apples in the U.S.



Peterson Farms also supplies **blueberries, cherries & peaches**.





# Applewood Fresh



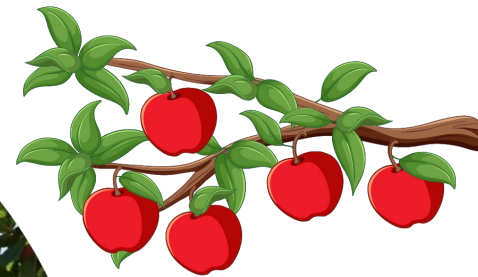
Applewood Fresh is a **group of apple growers** across **Michigan**.



Many of Applewood Fresh's growers come from **multi-generational family farms**.

Applewood Fresh's network of growers have **over 11,000 acres of apple orchards**.

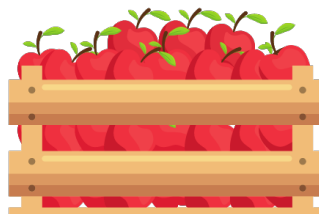
Applewood Fresh grows **over 15 kinds** of apples!



"When you bite into an Applewood Fresh apple, it tastes like you just reached up and picked it from the tree."

Applewood Fresh has **5 packing facilities** across Michigan.

Applewood Fresh is located in **Sparta, Michigan**.





# Fiber



Fiber supports **movement** through the **digestive system**.



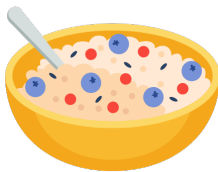
Fiber is a type of carbohydrate that the body **doesn't digest**, it simply passes through.

**Soluble fiber** dissolves in water...it helps regulate blood sugar levels and removes cholesterol from the blood stream.

**2** types of fiber:

- 1. Soluble fiber**
- 2. Insoluble fiber**

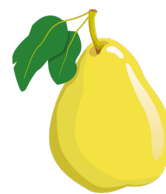
Fiber is **ONLY** found in **plant** foods.



**Insoluble fiber** does not dissolve in water...it helps food move throughout the digestive system.

**Insoluble fiber** is sometimes referred to as **"roughage."**

Fiber helps to **regulate** the body's use of **sugar**.



**BOTH** forms of fiber are **important** & **beneficial** to overall health.

Dairy & meat products do **not** have any fiber.

# D I G E S T I O N





Farmers Market

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