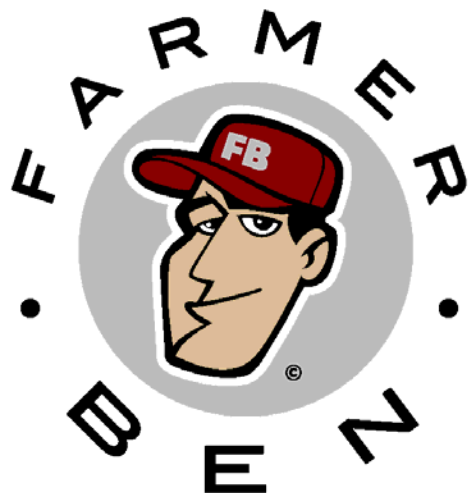


Apple Giggles

Virginia apples are grown in the Valley and Ridge, Blue Ridge and Piedmont regions of the state, but primarily in the Shenandoah Valley. Apples are used to eat whole, sliced, or processed into apple juice and applesauce. Making Apple Giggles with children is a great way to teach children about this tasty fruit.



You will need:

1 package (3 oz.) gelatin, any flavor

1 cup boiling water

1/2 cup cold water

Apple corer

Virginia Apples

Up, Up It's Apple Picking Time by Jody Fickes Shapiro

(or your own favorite apple book)

How to:

1. Read your favorite apple book to a group of children.
2. Dissolve gelatin in boiling water; stir in cold water and set aside.
3. Core apples leaving bottom of apple intact.
4. Hollow out some of the apple flesh to make room for gelatin.
5. Pour gelatin in apple and place apples in individual bowls to keep them upright.
6. Chill until gelatin is firm.
7. Cut in wedges to serve.

Suggested Books:

Up Up It's Apple Picking Time by Jody Fickes Shapiro

Apples by Gail Gibbons

Amazing Apples by Consie Powell

Farmer Ben Educational Activities developed by Virginia Agriculture in the Classroom, a program of the Virginia Farm Bureau.



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DID YOU KNOW:



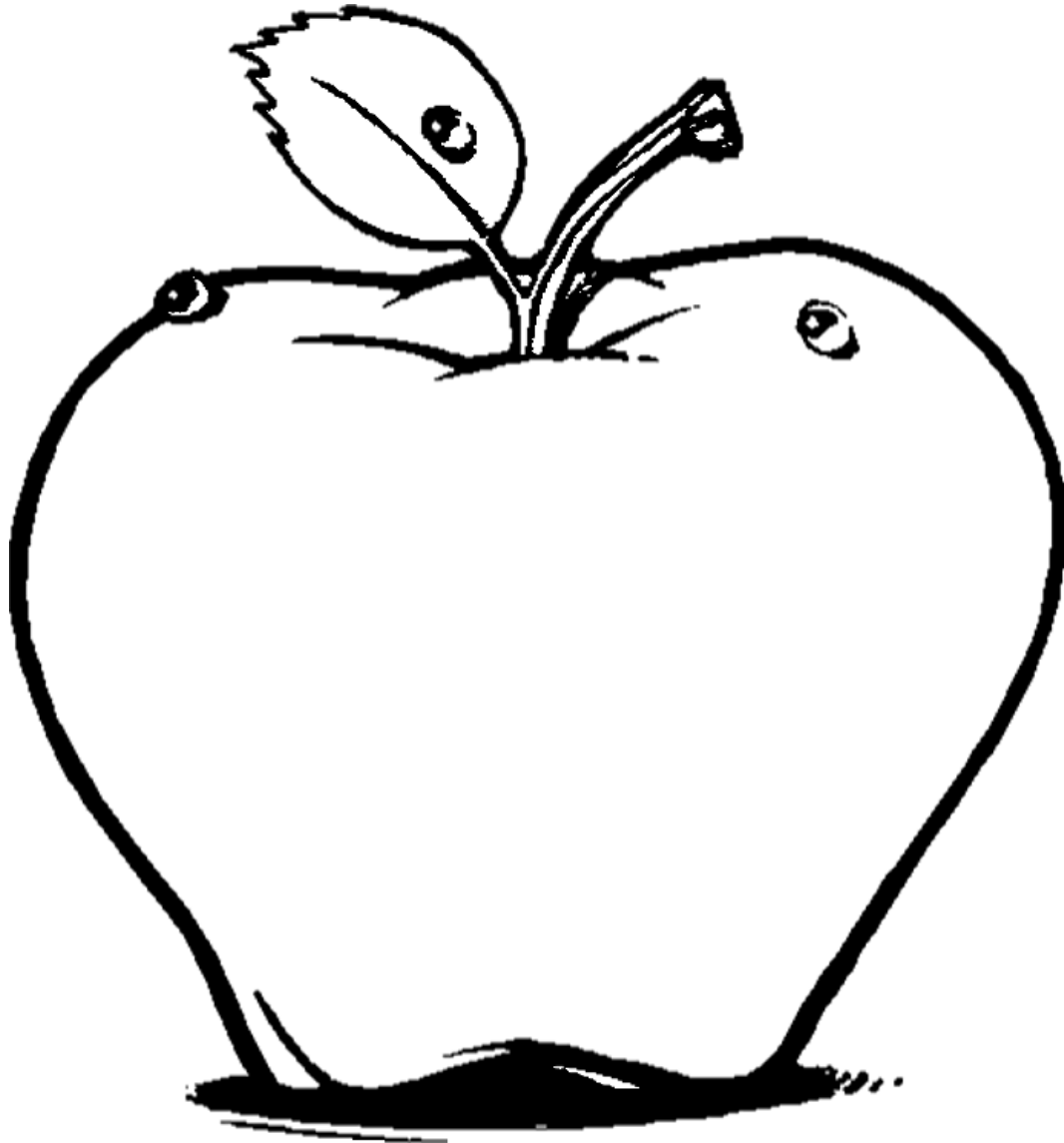
The average person eats about 700 pounds of fruits and vegetables a year.



Over 200 million pounds of apples are grown in Virginia each year.



Vegetables are grown on more than 18,000 acres of land each year in the Commonwealth.



Color the Virginia Apple

Healthy Tip: Always wash your hands before and after preparing food. 20 second with warm soapy water works best that is the time it takes to sing Twinkle Twinkle Little Star.

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