

D I G I T A L M A G A Z I N E

2024/2025 EDITION

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L'Anse Creuse Public Schools

Celebrating Great Lakes Apple Crunch!



E N R I C H M E N T



MICHIGAN GROWN MICHIGAN GREAT[®]



By local farm families. 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**.



36 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.



Blake Farms



Blake Farms is a **3rd** generation family-owned farm, orchard & cider mill.

Blake Farms' **cider mill** was built in **1968**.

Blake Farms is currently run by **Peter & Paul Blake**.



Blake Farms' apple orchard was started in **1946** by **Gerald & Elizabeth Blake**.

Blake Farms is home to **800 acres** of land.

“Growing **good times** since **1946**.”



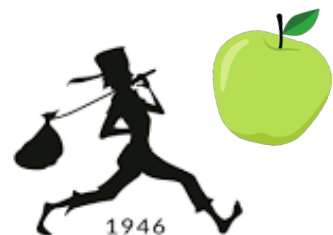
Blake Farms grows **40+ different varieties** of apples.



Blake Farms is located in **Armada, Michigan**.

Blake Farms has a **passion for innovation**.

Blake Farms offers **educational farm tours**.



1946
BLAKE'S
ORCHARD ● CIDER MILL

Fiber

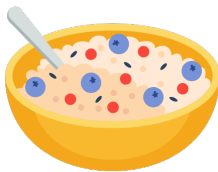


Fiber supports **movement** through the **digestive system**.



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:

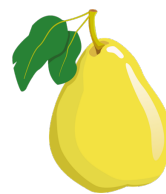
- 1. Soluble fiber**
- 2. Insoluble fiber**

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

G R E A T L A K E S



Apples

Gala

Bushel

Honeycrisp

Cider

Jonagold

Fuji

Michigan

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



Farmers Market

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