



## FAMILY ACTIVITY IDEA: APPLE PICKING

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Fall is apple harvest time! A day trip to a pick-your-own apple orchard is a perfect fall family expedition. Apple picking is a great way to enjoy Mother Nature's fall color show, expose kids to agriculture, and have some fun in the process.

*We offer the following tips to get the most out of your apple-picking adventure.*

1. To find pick-your-own orchards in your area, contact your state tourism bureau, chamber of commerce, Cooperative Extension Service office or department of agriculture.
2. Call ahead to find out days and hours of operation – depending on Mother Nature, harvest can be running early or late.
3. Dress appropriately – wear comfortable clothes and footwear that can get dirty. Don't forget the bug spray and sun screen!
4. Most of all, have fun! Take it slow, and enjoy the peace and quiet. Let the little ones set the pace.
5. Try varieties of apples that are new to you – most orchards feature apple varieties that are only available locally.
6. Mind your manners. Be nice to the trees, and carry your trash out with you. Take all the fruit that you pick, and don't shake what you won't take.
7. For the best apple-eating experience, pick fruit that is firm to the touch and free of bruises. Once you get them home, store apples in your refrigerator in a ventilated bag away from other strong-odored foods.
8. Continue the fun at home! Involve the whole family in preparing apple dishes, such as pies and microwave or crockpot applesauce. Kids are more inclined to eat food they helped prepare.