



# Mansfield Elementary School Take Home Notices Week Ending October 10, 2025

Dear Families,

As we head into the third week of October, the energy and enthusiasm throughout our school are truly remarkable. Students are fully engaged, and the learning environment is vibrant and dynamic. Please note that our school will be closed for students on Monday, October 13, for Indigenous Peoples' Day, and again on Tuesday, October 14, for Teacher Professional Development. We eagerly await students' return on Wednesday, October 15.

Warmly,  
Kate and Becky

[MES Website](#)

[MES Save the Dates](#)

[MES 6 Day Rotation](#)

[Lunch Menu](#)

[MPS District Calendar](#)

- 02 — **MES After School Club Offerings Fall 2025**
- 03 — **Flu Vaccination Notice**
- 04 — **Soctober Collecting New Socks Donations**
- 05 — **Grade 3 Finger Knitting with Knit for NICU October 23**
- 06 — **Mansfield Public Schools District Math Website**
- 07 — **Screenagers Community Screening November 12**
- 08 — **Summer Reading Fun Bus Survey**
- 09 — **Darlene Murphy Craft Fair November 01**
- 10 — **Darlene Murphy Crafter/Vendor Application 2025**
- 11 — **Apple Crunch! October 10**
- 20 — **MES PTO Harvest & Heritage Festival October 18**
- 21 — **MES PTO Lyman Pies Fundraiser September 30 - October 20**

# MES AFTER SCHOOL CLUBS FALL 2025

We are excited to announce our Fall 2025 After School Club offerings for MES students in grades 2–4! Clubs provide a fun and enriching way for students to explore their interests, build new skills, and connect with classmates after school.

Most fall clubs will run from the week of October 20, 2025, through the week of December 8, 2025. Exact dates will be shared with families once club rosters are finalized and before the first day of clubs.

To register, please complete the MES After School Club Sign Up & Permission Slip at the following link: <https://bit.ly/MESClubSignUps2526>

If interest in a club exceeds the number of available spots, students will be selected through a lottery system. Families will be notified once club placements are finalized.



We look forward to a great season of creativity, learning, and fun at MES!



**Monday: Grades 2-3**  
**Tuesday: Grades 3-4**

## ART CLUB

Do you love drawing, painting, or creating with your hands? In Art Club, you will get to explore art materials, learn fun techniques, and create your own masterpieces! Art Club is a place to express yourself and have fun making art with friends.

## DEBATE CLUB

Love to share your ideas and hear different opinions? Join the Debate Club! Learn how to research, take notes, and respectfully debate both sides of a topic while building your confidence and presentation skills.



**Tuesday: Grade 4**



**Tuesday: Grades 2-4**

## LITTLE TIGERS, BIG HEARTS

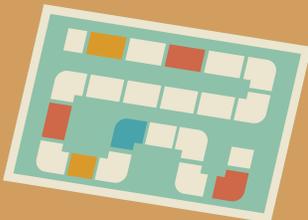
A club focused on cultivating a sense of connection & belonging, encouraging compassion & improving the emotional well-being of its members through random acts of kindness.

## TIGER STRONG

Tiger Strong is open to 3rd and 4th grade students at MES. Children will learn and practice social emotional skills through joyful movement and play with their peers. We explore themes like: positive self-talk, healthy habits, respect, boundaries, gratitude, communication and teamwork!



**Tuesday: Grades 3-4**



**Thursday: Grades 3-4**

## BOARD GAME CLUB

You won't be bored at the Board Game Club! Learn and play a variety of single player, multiplayer, cooperative, strategy and party games at this after school club.

## KICKBALL CLUB

Want to run, kick, and have a ton of fun? Join the Kickball Club! You'll get to kick a ball as hard as you can, then race your friends around the bases. It doesn't matter if you've never played before—everyone gets a chance to play, cheer, and learn some cool moves!



**Thursday: Grade 4**

October 2025

Dear Pre-K parent,

For those students who have not received a flu vaccination yet this Fall, the immunization guidelines ***require*** that all pre-k students receive 1 dose of influenza, or flu, vaccine (2 doses for those receiving the vaccination for the first time) annually between August 1st and December 31st.

Please bring or send in documentation as soon as the vaccination is obtained.

Thank you in advance,

Emily Rosen, RN  
[rosene@mansfieldct.org](mailto:rosene@mansfieldct.org)

Bianca Rodriguez, RN  
[rodriguezbr@mansfieldct.org](mailto:rodriguezbr@mansfieldct.org)

Jessica Plourde, LPN  
[plourdeje@mansfieldct.org](mailto:plourdeje@mansfieldct.org)

860.423.1611 ext 2 - Health Office  
860.533.6012 - Fax

**Dear Families,**

**This October, we are excited to participate once again in Socktober—a nationwide movement to collect NEW socks for people in need. Socks may seem small, but they make a big difference in the lives of those experiencing homelessness or hardship.**

**Why socks?**

**Socks are one of the most requested items in shelters, but they are also one of the least donated. Together, we can change that!**

**We are collecting NEW socks in all sizes—adult and child—to donate to local shelters**

**All donations must be received by October 31st.**

**Here's how you can help:**

- **Donate NEW socks (adult or child sizes)**
- **Drop your donations in the collection box in Mrs. Ramsdell's room**

**Let's show our children how much we can achieve when we all work together, one pair of socks at a time. Your generosity can help bring comfort and warmth to someone in need this fall.**

**Thank you for your support, generosity and kindness.**

**Courtney Ramsdell**

**Kindergarten teacher Room 1**

**[ramsdellc@mansfieldct.org](mailto:ramsdellc@mansfieldct.org)**



ATTENTION 3<sup>rd</sup> GRADERS!

# Finger Knitting with Knit for NICU

Do you know how to knit?

Are you interested in learning?

The UConn club "Knit for NICU" will be visiting MES to teach us about what their group does, and then we'll learn how to finger knit!

All materials are provided.



## 23 October 2025

after school 4:00-5:00pm

25 Spots Available!

Get a permission slip at the library. Return slips by 10/17



Dear Caregivers,

If you are looking for math resources, whether it be math games to play with your child, enrichment resources, a good book to read with your child that addresses relevant math topics or fact fluency practice you can find it on our [district math website](https://sites.google.com/mansfieldct.org/mathematics-mansfield-public-s/home):

<https://sites.google.com/mansfieldct.org/mathematics-mansfield-public-s/home>.



[Math Pathways at MMS](#)

[Math Resources by Grade Level](#)

[Staff Resources](#)

[K-4 Progress Report Guides](#)

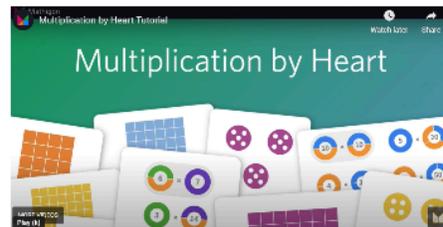
[Fact Fluency](#)

[Mathematics in Mansfield K-4](#)

This screenshot shows an interactive math resource interface. The top section is titled "Addition and Subtraction by Heart II" and includes several activities: "Addition ten frames" (a 10x10 grid with colored dots), "Addition place values" (a number line from 0 to 10), "Addition bars" (a bar model for 12 + 5), "Subtraction place values" (a number line from 0 to 10), "Subtraction number lines" (a number line from 0 to 10), and "Subtraction bars" (a bar model for 13 - 4). The bottom section is titled "Multiplication by Heart" and includes "Dots up to 5x5", "Grids up to 10x10", "Prime factor circles", and "11 and 12 tables".

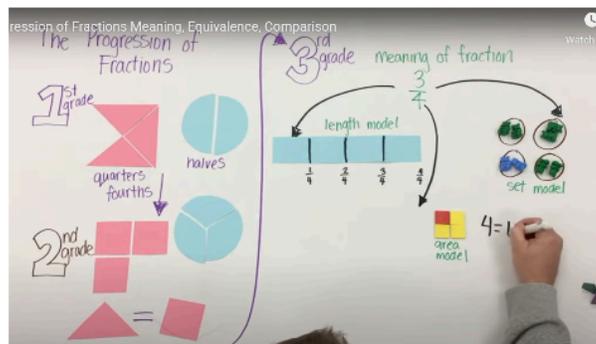
[Login to keep track of your progress!](#)

[Multiplication by Heart Tutorial Video](#)



**Math At Home**

Thought-provoking math activities, games, and practice pages.



[Graham Fletcher's Progression Videos](#)

Mansfield Middle School &  
Mansfield Youth Services presents a  
community screening of

# SCREENAGERS

## GROWING UP IN THE DIGITAL AGE

Now updated for 2025 with the latest science, research, and expert insights, Screenagers is an award-winning documentary that dives into the challenges families face in this digital age.

FREE event open to surrounding towns.

Dinner and child care provided

LEARN MORE



🕒 6:00 PM

📅 Nov. 12, 2025

📍 Mansfield Middle  
School Auditorium

➔ Sign up here!



# SUMMER READING FUN BUS!



Survey

If you visited the Summer Fun Bus this summer, use the QR code to fill out this (very) quick survey. Your feedback will help us improve for next summer!

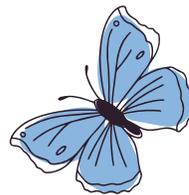




SAVE THE DATE



DARLENE MURPHY  
CRAFT FAIR  
AT MES!



NOVEMBER

SATURDAY

1

10:00 - 2:00

134 WARRENVILLE RD  
MANSFIELD CENTER, CT

***DARLENE MURPHY CRAFT FAIR***

**CRAFTER/VENDOR APPLICATION**

**SATURDAY, NOVEMBER 1st, 2025 10:00 AM - 2:00 PM**

**AT MANSFIELD ELEMENTARY SCHOOL**

\*\*\*\*\*

Name \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Type of products you will be selling:

\_\_\_\_\_  
\_\_\_\_\_

**8 ft table spaces are \$25.00 each: QTY: \_\_\_\_\_**

**Table rental is \$5.00 each: QTY: \_\_\_\_\_ or I will supply my own table: \_\_\_\_\_**



**Checks should be made payable to MES PTO**  
**or use QR Code to access PTO online payment**

**Proceeds will go to the MES Cares Team for families in need.**

**Electricity needed: Yes/No \_\_\_\_\_ Limited availability**

**Special Requests:**

\_\_\_\_\_  
\_\_\_\_\_

Doors open at 8:30 am for set up.

**Please return your completed application with payment to MES attention**  
**Andrea Lennon by October 17th.**

ASK YOUR  
3<sup>RD</sup> GRADER  
ABOUT THE  
CRUNCH!

**10**  
OCTOBER

ANNUAL 3<sup>RD</sup> GRADE

# APPLE CRUNCH!

CELEBRATING FARM TO SCHOOL  
MONTH WITH THE CAFETERIA TEAM



LOCAL APPLE PICKING RESOURCES AND  
RECIPES FOLLOW THIS FLYER FOR YOU  
AND YOUR FAMILY TO ENJOY!

## Episode 3 – An Apple a Day...



Does an Apple a day really keep the doctor away?  
What's worse than finding a worm in your apple?

This episode Chop Chop talks about the second most popular fruit in the United States, the one with the most varieties, the most unique names, the most colors and textures and flavors. Fall is apple season and it's time to make a pie, or a crisp, or just bite right into a crisp Delicious, or Spitzenberg or Jonamac or Pippin.

Guests include Amy Traverso, author of *The Apple Lover's Cookbook* and Emily Weinstein from *New York Times Cooking and Food*. Tune in to hear more and learn about this fabulous fruit.

*Music in this episode includes modified versions of: "Strange Italian Song" by Juanitos, "Into Toast Squares" by Mole, and "Cheesy Radio Ballad" and "Jazzy Inquisitors" by Lisa Hammer.*

Find more at [Chopchopfamily.org](http://Chopchopfamily.org) and follow us @chopchopkids

Try out this Month's recipe: Autumn Apple Crunch.

Listen here: [kidspodcast](#)

## AUGUST

### Ginger Gold

Sweet, tangy and juicy. Round with a smooth green-yellow skin that has a slight red blush. Discovered in 1969 in a Virginia orchard.

Possible cross between a Golden Delicious and a Pippin. Ripens mid-August



### Zestar!®

An early season apple with a crisp, juicy texture and an exciting zesty flavor with a hint of brown sugar! It's outstanding texture, flavor and storage life are sure to make Zestar!® an early-season winner. Developed by apple breeders at University of Minnesota.



### PaulaRed

Solid red, with tart flavor. Equally good for cooking and eating. A relatively new apple (1968). Ripens in late August



### Jonamac

Dark red over a greenish background. Flavor is similar to a McIntosh, spicy and tart. Good for snacking, baking and sauce



## SEPTEMBER

### Macoun

With their wine-red color with gold accents, Macouns are highly regarded for their aroma and sweet-tart, juicy flavor. Excellent for snacks and desserts and good for all culinary uses.

Developed in 1909 from Jersey Black and McIntosh parents. Ripens in mid-September.



### MacIntosh

Especially juicy, slightly tart, and the most aromatic of all apples, with two-toned red and green skin. McIntosh is the quintessential New England apple, excellent for every use.

Discovered as a chance seedling in 1870 the "Mac" accounts for nearly two-thirds of a total New England apple harvest of more than 5 million bushels. Ripens early September.



### Gala

Red-orange, with yellow stripes. A sweet, crisp flavor and texture. Very good for salads and sauces. Introduced in 1934. Ripens in late September



### Liberty

Red skin and juicy flesh, tart and snappy. Derived from a Macoun and introduced in 1978. A great eating apple. Ripens in late September.

## SEPTEMBER

### Cortland

A larger apple good for baking, with a deep, purple-red color. Moderately juicy and fairly sweet. Their white flesh doesn't brown when sliced so Cortlands are a standout for fruit salads, dipping in toppings, or eating with a plate of sharp cheddar cheese. Developed in 1898, across between a McIntosh and Ben Davis. Ripens late September.



### Idared

Bright golden red. Their tangy taste mellows at maturity. Excellent for snacks and all culinary uses. Developed in 1942. Ripens late September.

### Empire

Deep red skin brushed with gold and green. The Empire is mildly tart-sweet and has juicy quality dessert apple, good for all culinary uses. A newer variety introduced in 1966 from McIntosh and Delicious parents. Ripens late September



### Honeycrisp

Deep red over yellow skin. Produced from a 1960 cross of Macoun and Honeygold. Exceptionally crisp and juicy texture. Its flesh is cream colored and coarse. A large apple excellent for desserts. Ripens late September

## OCTOBER

### Fuji

Red blush with green and yellow stripes. Crisp, firm, juicy flesh. Developed in Japan in 1939. Fuji stores extremely well. Ripens in October.



Portions of this brochure were graciously provided by the New England Apple Association. [www.newenglandapples.org](http://www.newenglandapples.org)



Find an orchard where ever you go. Download the CT Apples App for your mobile device. Find it in your app store under "CT Apples"

Visit our website at [www.ctapples.org](http://www.ctapples.org)  
Produced by The Connecticut Apple Marketing Board  
in cooperation with the Connecticut Department  
of Agriculture Marketing Division.  
(860) 713-2503



Funding has been provided by the Specialty Crop Block Grant Program of the Agricultural Marketing Service, U.S. Department of Agriculture, awarded and administered by the Connecticut Department of Agriculture.



## OCTOBER

### Jonagold

Bright red with gold. Crisp and juicy, Jonagolds are good fresh, in salads and for cooking and baking. Introduced in 1968 from Golden Delicious and Jonathan parents. Ripens early October.



### Red Delicious

The unique shape of this red apple tapers to a five-knobbed base. Sweet, tender and juicy. Best for crunching out of hand and in fruit cups and salads. Developed in 1872, Red Delicious is America's most plentifully grown apple. Ripens early October.



### Golden Delicious

Golden or light-green, with pink blush. Tender, mellow, sweet. Wonderful fresh and in salads. Developed in 1912. Ripens in October.



### Pink Lady

Pink Lady is a firm, crisp, tart and honey-sweet apple with a beautiful pink flush over it's green peel. Prized as a fresh-eating apple. They require a long growing season, about 200 days, so they are not ready for picking until mid-to-late October. They keep several months in refrigeration.



### Crispin (Mutsu)

Greenish yellow to yellow. Good for cooking. Introduced in the U.S. in 1968. Ripens mid-October.



### Granny Smith

A crisp hard apple with a tart and acidic taste makes the Granny Smith one of the most popular baking apples. Discovered by Anne Smith in 1860 as a chance seedling.



### Cameo

Bright red stripes over a creamy orange, Cameo was discovered as a chance seedling in 1987. Firm and crisp with a tender peel. A great snacking apple, a possible relative of Red and Golden Delicious.



### Snow Sweet®

The SnowSweet® Apple is sweet with a slight tart balance and rich overtones. Outstanding feature of SnowSweet® is it's firm, snow white flesh. After being cut and exposed to air, a SnowSweet® Apple is slow to oxidize and turn brown. Developed by apple breeders at University of Minnesota. Ripens mid-October.



## RECIPES

Want more great recipes? Follow us on Pinterest [www.pinterest.com/ctapples/](http://www.pinterest.com/ctapples/)



### Apple Crumb Pie

**FILLING**  
1 (9 inch) pie crust, unbaked  
2 teaspoons lemon juice  
1/2 cup sugar  
1/2 teaspoon cinnamon  
5 cups apples, cored and sliced  
(About 5# small Granny Smith apples work well)  
1/2 cup raisins (optional)

**TOPPING**  
3/4 cup flour  
1/2 cup sugar  
1/2 teaspoon cinnamon  
1/3 cup butter



**DIRECTIONS**  
1. Preheat oven to 425 degrees and set butter out so it will be at room temperature.  
2. Line 9" pie pan with unbaked crust.  
3. Core and slice apples.  
4. Sprinkle the apples with the lemon juice.  
5. Mix in the cinnamon and sugar.  
6. Fill pie shell with apple mixture.  
7. In a small bowl, mix the toppings, flour, sugar and cinnamon.  
8. Rub the topping ingredients and butter together with your fingers until mixture is crumbly.  
9. Sprinkle topping over pie.  
10. Bake 10 minutes at 425 degrees then reduce oven temperature to 350 Degrees and bake until crumb topping is browned and apples are soft, approximately 50 minutes.

# varies with size of apples.

### Apple Pork Chops

2 teaspoons vegetable oil  
1/2 cup chopped onion  
4 (1/2 inch thick) pork chops  
1/2 teaspoon salt  
ground black pepper to taste

2 apples peeled, cored and sliced  
2 tablespoons brown sugar  
1/2 teaspoons ground mustard  
1/8 teaspoon ground cloves  
3/4 cup hot water

Preheat oven to 375 degrees (190 degrees centrifgrade)  
Heat oil in a large skillet. Sauté onion in oil for 1 minute or until tender. Remove onion and set aside. Brown pork chops on both sides in oil. Place chops in an 8 1/2 x 11 baking dish and sprinkle them with salt and pepper. Cover the chops with apples and cooked onion.  
In a small bowl, combine brown sugar, mustard, cloves and water. Pour over chops.  
Bake in a preheated oven for 30-45 minutes. Serves 4

### Apple Salad

6 apples, cored and diced (skin on)  
2 cups baby spinach  
2 stalk celery, chopped  
1 cup chopped walnuts  
1/3 cup dried cranberries  
3/4 cup crumbled blue cheese, crumbled  
Combine together and toss.

**Top with vinaigrette:**  
Whisk together  
2 tablespoons walnut oil  
1 tablespoon cider vinegar  
1/2 teaspoon salt, 1/2 teaspoon pepper



### Apple Sauce (small batch)

2 cups chopped apples  
1/4 cup water  
1 lemon slice  
Sugar (to taste)  
Cinnamon (to taste)  
Bring the apples, water and lemon slice to a boil and cook for 10-15 minutes until the apples are soft. Smash by hand for a chunky sauce, run through a processor for a smooth sauce. Add some sugar to taste and a little bit of cinnamon.  
Serve warm or cold. See our Pinterest page for recipes of large batches to preserve.



### Apple Cake

*Delicious, moist cake with lots of apples!*

2 cups flour  
2 cups sugar  
2 teaspoons baking soda  
1/2 teaspoon cinnamon  
1/2 cup oil (corn or vegetable)  
4 eggs  
1 teaspoon vanilla  
5 cups chopped apples (tart apples work well)  
2 cups chopped walnuts (optional)

In a separate bowl sift together flour, baking soda and cinnamon. Set aside. Blend together sugar, oil, eggs and vanilla. Add dry ingredients and mix. Add apples and chopped nuts and mix well.  
Bake at 325 degrees in a greased and floured Bundt or Angel Food pan, until toothpick comes out dry when tested. Let cool. Dust with confectioners sugar on top for decoration, if desired. Also makes delicious apple cupcakes!



## Usage Chart

🍏 Means particularly good for that use; 🍏🍏 means excellent

Variety	Flavor	Eating	Salad	Sauce	Pie	Baked
Cameo	Sweet	🍏	🍏🍏	🍏🍏	🍏🍏	🍏🍏
Cortland	Sweet-Tart	🍏	🍏🍏	🍏	🍏	🍏
Crispin	Sweet	🍏🍏	🍏	🍏🍏	🍏🍏	🍏
Empire	Sweet-Tart	🍏🍏	🍏	🍏	🍏	
Fuji	Sweet	🍏	🍏	🍏	🍏	
Gala	Sweet	🍏	🍏	🍏🍏	🍏	🍏
Ginger Gold	Sweet-Tart	🍏	🍏	🍏	🍏	
Golden Delicious	Sweet	🍏	🍏🍏	🍏🍏	🍏	🍏
Granny Smith	Tart	🍏	🍏	🍏	🍏🍏	🍏
Honeycrisp	Sweet-Tart	🍏🍏	🍏	🍏		
Idared	Sweet-Tart	🍏	🍏	🍏	🍏🍏	🍏🍏
Jonagold	Sweet-Tart	🍏🍏	🍏🍏	🍏	🍏	🍏
Jonamac	Sweet-Tart	🍏	🍏	🍏	🍏	🍏
Liberty	Tart	🍏				🍏
Macoun	Sweet	🍏🍏	🍏	🍏		
McIntosh	Sweet-Tart	🍏🍏		🍏	🍏	
Paulared	Tart	🍏	🍏	🍏		
Pink Lady	Sweet-Tart	🍏		🍏	🍏	🍏
Red Delicious	Sweet	🍏	🍏			
SnowSweet®	Sweet-Tart	🍏	🍏	🍏	🍏	🍏
Zestar!®	Sweet	🍏			🍏	

### Handle with care!

Handled and stored properly, unbruised apples have a storage life of 90 days or more.

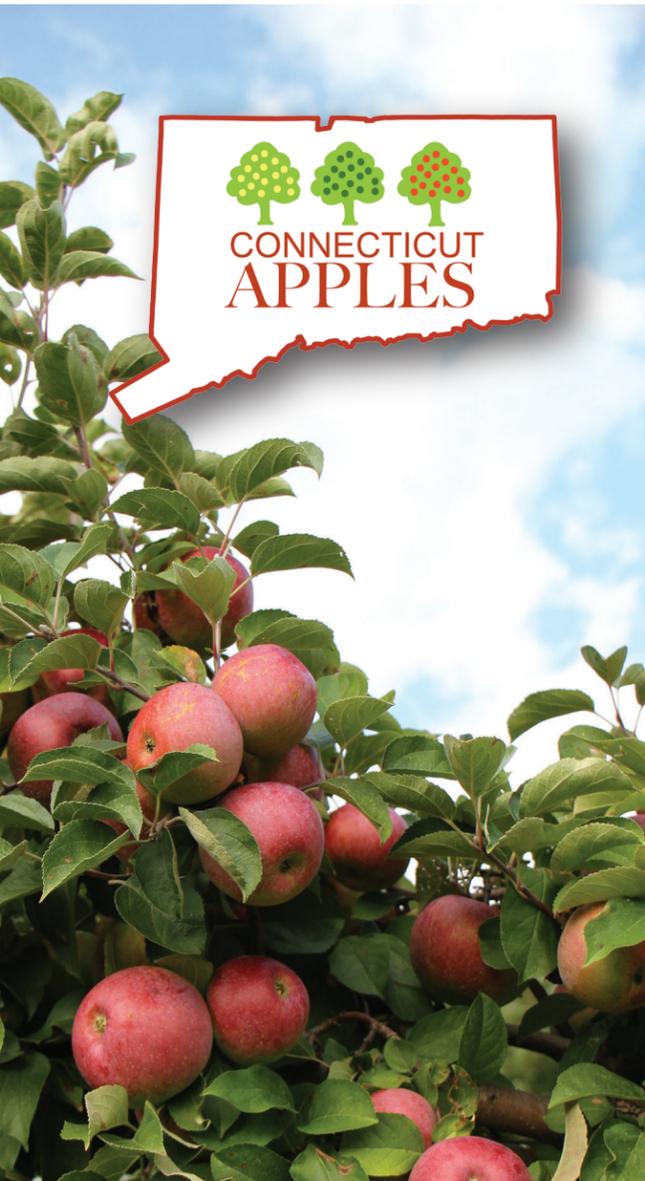
Follow these suggestions for getting the most out of your apples:

- Choose apples that are bruise-free and firm to the touch. Bruised apples can decay quickly.
- Handle apples gently to prevent bruising and skin damage.
- Store apples in the refrigerator - they last up to ten times longer than if left at room temperature.
- Apples absorb odors easily, so keep them away from foods with strong odors.

## Apple Varieties & Their Uses



CONNECTICUT  
APPLES



# Autumn Apple crunch

Whether you've just returned from apple picking or from the grocery store, this delicious dessert will soon be a favorite, especially if you're a fan of apple pie. It has many of the same flavors but is much less work!

■ ADULT: YES ■ HANDS-ON TIME: 45 MINUTES ■ TOTAL TIME: 1 HOUR 20 MINUTES ■ MAKES: 6 SERVINGS

## KITCHEN GEAR

Cutting board  
Sharp knife  
**(ADULT NEEDED)**  
Measuring cups  
Measuring spoons  
8 x 8-inch baking pan  
Medium bowl  
Large spoon or  
silicone spatula

## INGREDIENTS

- 6 apples (any kind you like), scrubbed, cored, and thinly sliced (see below)
- 1 tablespoon plus  $\frac{1}{2}$  cup whole-wheat or all-purpose flour, or a combination
- $\frac{1}{3}$  cup toasted and coarsely chopped walnuts or pecans, or old-fashioned or quick-cooking oats
- $\frac{1}{4}$  cup brown sugar
- $\frac{1}{2}$  teaspoon ground cinnamon
- Pinch salt
- 3 tablespoons unsalted butter, melted (melt the butter in a small pot over low heat or in the microwave)

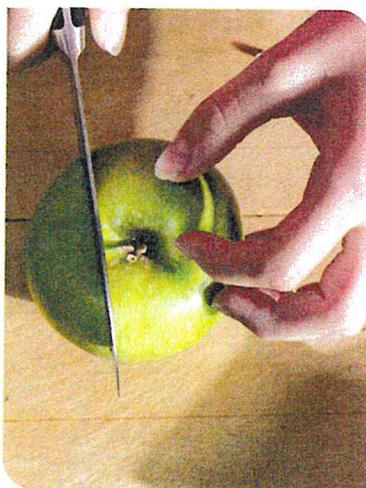
## INSTRUCTIONS

1. Turn the oven on and set the heat to 350 degrees.
2. Put the apples and 1 tablespoon flour in the baking pan and mix well.
3. Put the remaining  $\frac{1}{3}$  cup flour, nuts or oats, brown sugar, cinnamon, and salt in the bowl and mix well. Drizzle in the butter and combine, using your clean hands or two forks, until the mixture is crumbly.
4. Once the oven temperature has reached 350 degrees, crumble the mixture on top of the apples and put the pan in the oven. Bake until the top is golden brown, about 35 minutes. Cool briefly before serving.

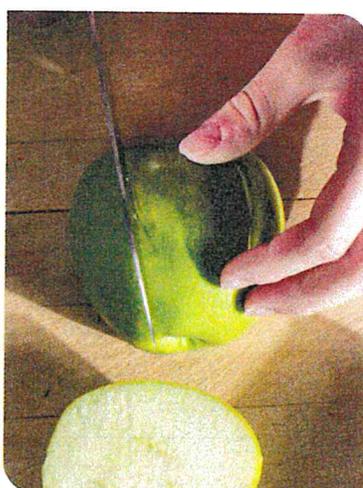
## BEFORE YOU START

- ▶ **WASH** your hands with soap and water and dry them.
- ▶ **CLEAN** the countertop.
- ▶ **GATHER** all your kitchen gear and ingredients and put them on the counter.
- ▶ **SCRUB** all the fruits and vegetables and lay them out on a clean dish towel to dry.
- ▶ **PREPARE** your ingredients, which means you may have to do something before you get started with the instructions.

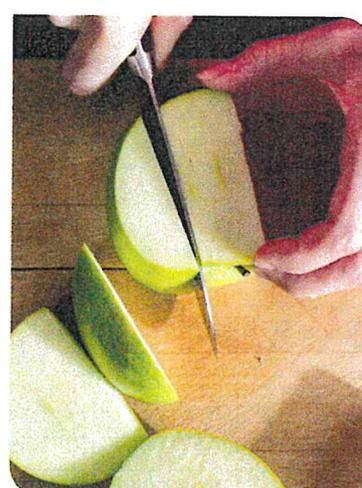
## KITCHEN SKILL How to core and cut up an apple



1. Put the apple on the cutting board, stem side up, and use a sharp knife to cut down through the apple alongside the stem and center—close to where you think the core is. You'll slice off a large piece.



2. Place the cut side of the remaining apple down on the cutting board and slice down again, near the center to remove another large piece. Turn the apple and cut again down next to the core.



3. Turn the apple so that you can cut off the smallish piece remaining. Discard the core. Place each apple chunk flat side down and cut into thin slices.

## SWEET TREAT

### DID YOU KNOW?

The flour in the filling thickens the juice that bakes out of the fruit, so it becomes saucy instead of watery.



### SAFETY TIP

Get an adult's permission and help with all sharp knives, appliances (blender and food processor), the stove or oven, and hot ingredients.

# HARVEST APPLE MUFFIN

RSD #10, Avon and Canton Public School

Grades: K-12

Yield: 24 portions

INGREDIENTS	24 SERVINGS		DIRECTIONS
	WEIGHT	MEASURE	
<p><b>APPLE BOTTOM</b> Apples Sugar Lemon juice Whole wheat flour Cinnamon</p> <p><b>MUFFIN MIX</b> Zucchini, grated, shredded Carrots, grated/ shredded Sugar All purpose flour Whole wheat flour Baking powder Baking soda Cinnamon (nutmeg may be substituted) Salt Eggs, whole, large Canola oil Applesauce, unsweetened</p>	<p>5 lbs</p> <p>¾ lbs ½ lbs ½ lbs ¼ lb ½ lb</p> <p>¼ lb</p>	<p>½ cup 2 Tbsp ½ cup 1 tsp</p> <p>1 ½ Tbsp 1 Tbsp ¼ tsp ¼ tsp</p> <p>¼ cup ½ cup</p>	<p>1. Sanitize work area with bleach &amp; water solution. 2. Wash hands. 3. Put on food service gloves.</p> <p><b>Cooking Methods:</b> 1. Preheat oven to 350° F.</p> <p><b>Then, to prepare apple bottoms:</b> 1. Peel, core and slice apples. Set aside. 2. Mix remaining ingredients for the apple bottoms in a bowl. Add the apples, mix well and set aside.</p> <p><b>To prepare Muffin Mix:</b> 1. Wring grated zucchini and carrots in a towel to remove excess moisture. Combine in a large bowl. 2. In a separate bowl, combine the dry ingredients (sugar, both flours, baking powder and baking soda, cinnamon). 3. In a third bowl, combine the wet ingredients (Eggs, oil and applesauce). 4. Gradually fold the wet ingredients and zucchini and carrot mixture into the dry ingredients. Mixture will be slightly lumpy. Do not overmix.</p> <p><b>Once batter is made:</b> 1. Line two 12 ct muffin tins with sturdy paper muffin liners. 2. Using a #8 scoop, place the apple mixture at the bottom of each muffin liner. 3. Top the apples in each muffin liner with enough batter to fill ⅔ full. 4. Bake muffins for 35 minutes, remove from the oven and allow to cool before serving.</p>
<p><b>Serving Size:</b> 1 muffin <b>Meal Pattern Contribution:</b> ⅓ cup Other Vegetable, ½ cup Fruit, 1.25 oz-eq Whole Grain <b>Allergens:</b> Eggs, Wheat <b>Notes:</b> Recipe and Meal Contribution information provided by Wisconsin Department of Public Education, found at <a href="http://www.dpt.wi.gov">www.dpt.wi.gov</a> Substitute yellow summer squash in place of zucchini. Leftover muffins can be crumbled and served in yogurt parfaits as a tasty alternative to granola.</p>			<p><b>Serving Instructions</b> Carefully remove muffins in their liners to a serving pan. Serve one muffin per meal.</p> <p><b>HACCP Instructions:</b> Leftover muffins should be stored in an airtight container and can be served the following day.</p>

Recipe and Meal Contribution Review completed by Put Local on Your Tray.

SFAs must check the crediting information for accuracy prior to including the item in reimbursable meals.



# How Does An Apple Grow?

## Resting



Trees need to rest in the winter. This gives them time to store up energy. It's like a "nap", to rest and regenerate.

## Pruning



We prune trees in the winter. This removes extra branches that are not needed to bear fruit.

## Grafting



To start NEW trees, we graft new stock onto an older, stronger base of a tree. The base already has strong roots and gives the new stock a good start.

## Growing



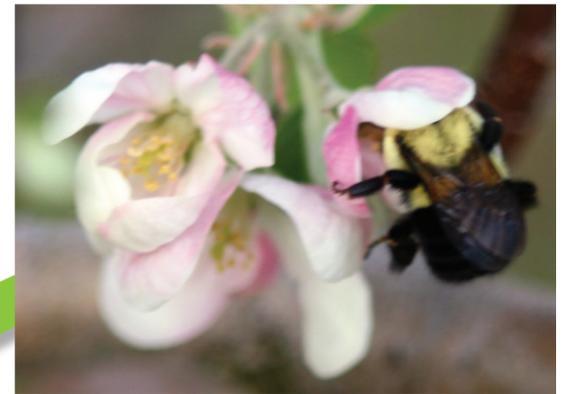
New trees take 4-5 years to grow before they make apples.

## Blossoming



When Spring comes and it starts to get warmer, buds appear followed by beautiful and fragrant pink blossoms. Each variety has a bloom that is a little bit different.

## Pollinating

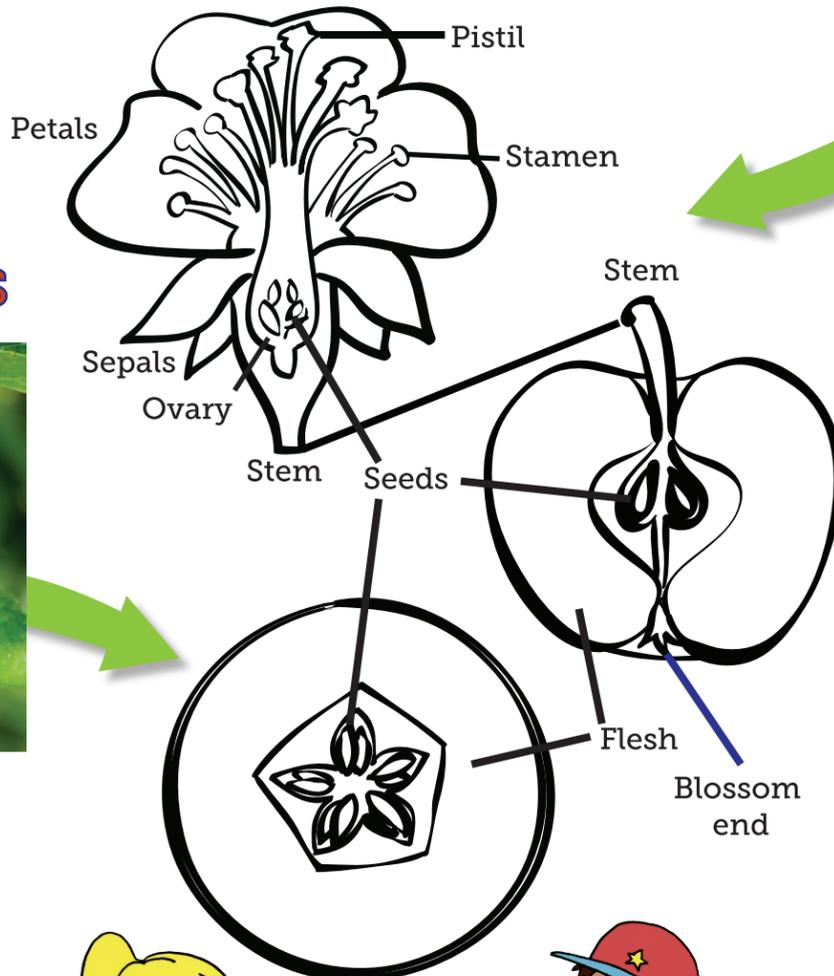


Bees and other pollinators smell the flowers and find them to drink the nectar in the flower. This is used to make their honey. Their legs brush up against the pollen on the flower. When they fly to the next one, pollen from the anthers is left on the stigma. This pollinates the seeds which begins growing and forms an apple.

## Young Apples



Soon the apples begin to grow. You can see where the blossom used to be on the end of the apple. The seeds in the ovary began to swell and grow the apple. (There are 10-12 seeds) Look for the blossom end next time you eat an apple!



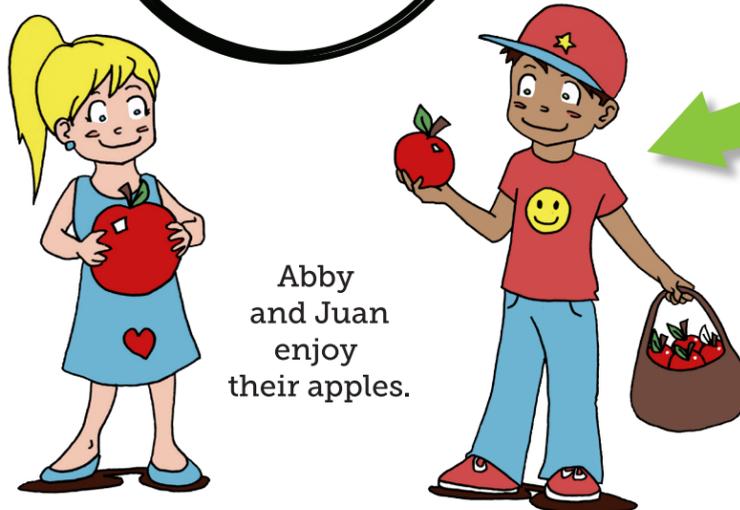
## Picking Apples



The Farmers have done their job! They pick apples to bring to their farm stand, farmers markets or grocery stores. Some orchards let YOU pick apples, too! It is a lot of fun to know where your food comes from!

## Eating Apples

Eating them is the best part! Do you like them right from the tree or do you like to help cook and bake with an adult? Visit our website for more information, recipes and activities



Abby and Juan enjoy their apples.

Enjoy your apples in pies, cakes, or apple crisp, as applesauce, apple juice or cider, for snacking out of your hand, and so many more ways !

Apples are...crisp, firm, sweet, tangy, juicy!  
They can be...red, green, yellow, pink, or striped!

# Fun Facts About Apples

Apples are a member of the rose family.

It takes the energy from 50 leaves to produce one apple.

Apple trees take four to five years to produce their first fruit.

Apples are fat, sodium, and cholesterol free.

The crabapple is the only apple native to North America.

Apples didn't originate in the United States. The first ones came over with the Pilgrims. The Fuji was developed in Japan in 1939.



Fuji

Wine-red color with golden accents. Sweet-tart flavor. Excellent for snacks and desserts. Perfect for your lunch box.



Macoun

Maria Anne Smith aka "Granny Smith", born in 1799, found a seedling in Australia in 1868. It won a prize for best baking apple in 1891.



Granny Smith

New England's most popular apple! Discovered in 1870, it can be up to 2/3rds of the entire New England harvest over 5 million bushels!



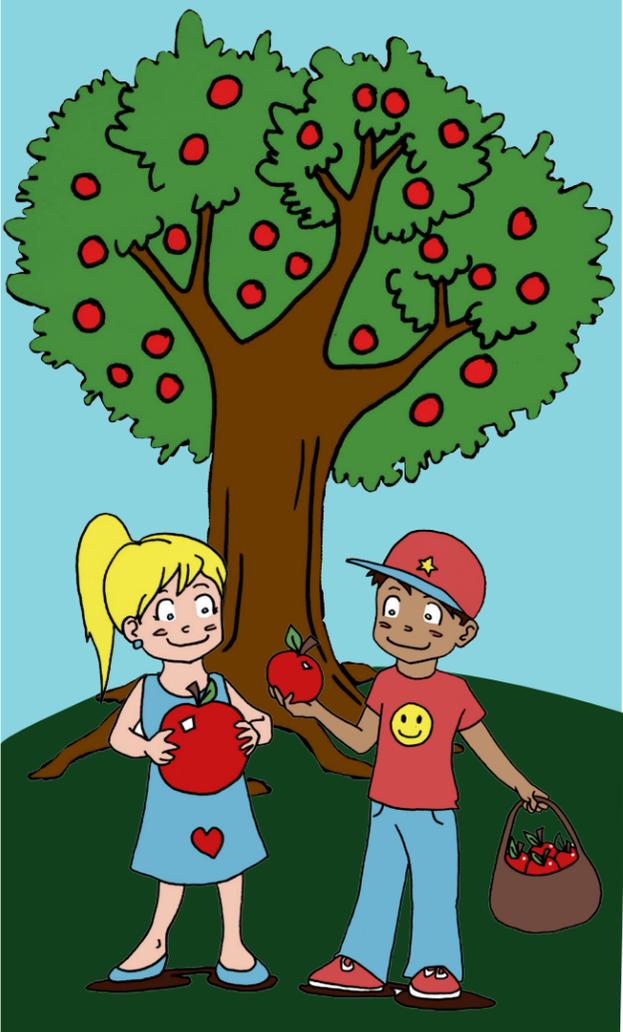
McIntosh

Red Delicious is the most plentifully grown apple in the United States. It is the only apple that has a shape that ends in five "knobs" at the bottom.



Red Delicious

## Welcome to Our Orchards!



CONNECTICUT  
APPLES



Find us on your phone! Look for CT Apples in the APP store



Find where to pick apples in CT on our app or on the website! [www.ctapples.org](http://www.ctapples.org)



CT Grown! Eat Local!



Look for fun ideas on [SWHAC.ct.gov](http://SWHAC.ct.gov)

## Did you know?

**There are over 60 orchards in Connecticut!**

Visit a Connecticut orchard and get fresh, local apples! Some orchards have "pick your own" apples. You can have fun with your family and learn how apples grow. Fresh, delicious, local apples can be found all over CT. Nothing tastes better than a crisp, ripe apple right from the tree!

Find an orchard near you on our website [CTapples.org](http://CTapples.org)

Icons under each orchard will tell you what they do and when they are open.

There are recipes, activities, coloring sheets, and you can learn more about apple varieties in Connecticut.

Our phone app helps you find orchards and special things to do right from your phone, wherever you are!



Website



Phone App

Funding has been provided by the Specialty Crop Block Grant Program of the Agricultural Marketing Service, U.S. Department of Agriculture, awarded and administered by the Connecticut Department of Agriculture.



Pick-your-own



Cider



Store



Wholesale



Open All Year

# JOIN US FOR THE HARVEST & HERITAGE FESTIVAL

Saturday, October 18 • 1-4 PM

## RAFFLE PRIZES!

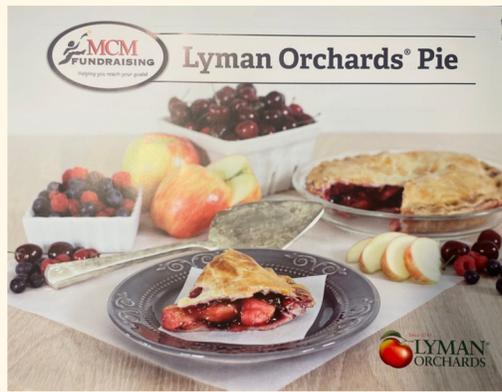


## CULTURAL BOOTHS, FOOD & PERFORMANCES!



**SIGN UP HERE:**





# Lyman Pies are Back!

Here's what you need to know:



**Order Window:** Tuesday, September 30 - Monday, Oct 20



**Register and Sell Online:**

<https://my.mcmfundraising.com/signup/8CJP>



**Order:** Online only this year - no paper forms



**Pie Pick-Up:** Friday, November 14, 3:00-6:00 PM  
Mansfield Public Library - Buchanan Auditorium



**Donate Pie:** Supports Covenant Soup Kitchen and  
Mansfield CAREs Program

If you can't participate in the sale but still want to support  
MES PTO, donations are welcome by:



**Check/Cash** - made payable to Mansfield Elementary PTO  
Return to school office



**Venmo:** @PTOMESct



Your support directly helps the MES PTO fund wonderful, fun, and  
educational experiences for all MES students.

Questions? Email us at [mansfieldtigerspto@gmail.com](mailto:mansfieldtigerspto@gmail.com)

Thank you for helping make this fundraiser a success and for  
making our children's learning experiences memorable!

# MES PTO FLYERS

AVAILABLE IN:



English



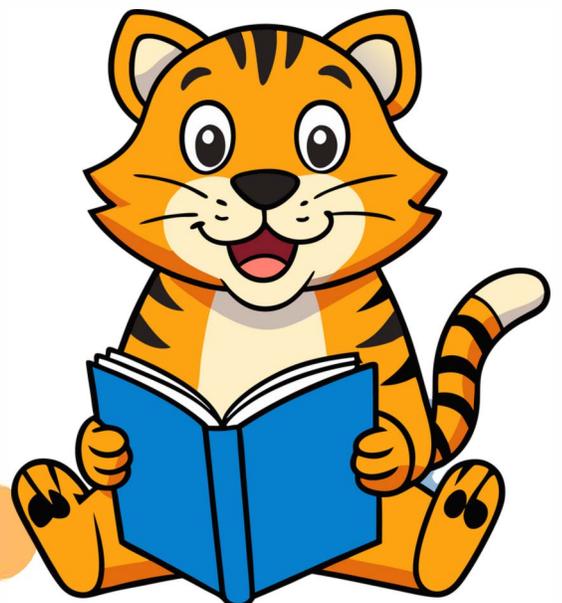
Español



中文



Visit the PTO website to find Mandarin and Spanish versions of all our PTO flyers



<https://mansfieldtigerspto.org/flyers/>