

This is Ms. Susan from the Shorewood Public Library. Is this fall season? Is it already apple picking? Have you ever heard someone say, "an apple a day, keeps the doctor away"? This saying was first published in 1866 and is still held to be true today. Apples are rich in antioxidants, fiber, and contain flavonoids to boost your immune system. With over 7,500 different varieties of apples, you will see many colors including red, green, yellow and even purple. Apples are also fun to color and decorate. Let's make an apple to share or make a few of these small apples to put out in a basket to celebrate good health and fall.



1-Start by drawing multiple leaf shapes on a piece of colored heavy paper or cardstock. You can use white cardstock and color the shapes for your favorite apple variety. For young artists, make fewer and larger leaves. Cut out the leaves. Draw one smaller leaf, and two circles large enough for all the leaves to fit around at the base. Glue all the leaves onto one of the circles with the colored side facing down. Make sure each leaf is overlapping in only one direction. Glue the second circle on top of these leaves in the center to secure the base. Make small holes in each leaf at the top end, but not too close to the point. You can use the end of a pencil. Tie a knot in a length of string, twine, or yarn and thread it through the first hole of the top leaf. Go from inside to outside the leaf. Pull the string until the knot is touching the leaf. Gently, thread the next leaf on the string. Again, go from inside to outside. Gently, move this leaf down the string. Keep moving until all the leaves are strung and the leaves are shaped like a small apple.

2- Write a message on the small leaf and color it green. Make a small hole in the base of the leaf and thread onto the apple. Tie a knot in the string and clip off, leaving a short length to look like the apple stem. You can also use a square on piece of paper and make a bigger apple with four sides. Pass out the apples to friends-go ahead, make someone's day!



An apple a day will make a smile stay!

Ms. Susan