

This is Ms. Susan from the Shorewood Public Library. It's getting to be fall- apple-picking season. Have you ever heard someone say, "an apple a day, keeps the doctor away"? Could it really be true? 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 a big apple or a few small apples to put out to celebrate good health and fall.



1-Open up the bottom of a brown paper bag. Leave one long end folded and cut open the opposite long end. Draw a large circle on one side of the bag. You can even draw a stem on the top of the apple. There are many varieties of apples, so you can color your apple red, green, yellow, or any color you like. Peeling the paper off of the crayon and rolling it on the paper is a good way to fill in the whole apple. This may take a bit of time, so you can do it in sections. Cut out around the apple and keep the scrapes for stuffing. *Do not* cut out the bottom of the apple.

2- Punch holes all around the apple about $\frac{1}{2}$ inch inside the edge. If you do not have a hole punch, fold the edge over about $\frac{1}{2}$ inch and make a snip with the end of the scissors. Do this all around the sides and top of the apple. Now take a piece of yarn or string and weave around the outside edge, going in and out of each hole. Start on one side at the bottom, and go up and around to the other bottom side. Fill the inside of the apple with the bag cuttings and newspaper or other recycled paper before you have sealed the whole apple with the string. Add a stick for the stem or a few green leaves at the top. Make a couple and put them in a basket for a fun and festive fall decoration.

Be healthy, be happy, with apples!

Ms. Susan

