



Activity: *Apple Twister*

Get ready to monkey around! A fun spin on the classic twister game. This game is made with cut-out paper to look like apples. Place the cutouts in a grid pattern on the floor (using tape or sticky putty) for this version of the game. Make your own spinner or simply call out colors and right (hand or feet) or left (hand or feet) for your child to enjoy this engaging activity. First one to fall down is out and the last person standing is the winner.

Plant of the Month: *Radishes, Raphanus raphanistrum subsp. sativus*

Harvest this cool season vegetable that grows in the spring and fall. In the fall season, harvest in late September until the first frost for best results. Varieties that are successfully grown and produced in North Carolina are Easter Egg, Cherry Belle and Sparkler. This plant is appropriate to cultivate with children because of the quick maturity (4-6 weeks after planting) and harvesting time. Like carrots and potatoes, children love to harvest in-ground vegetables and fruits to see what delicious treats they will yield. Radishes are also great container plant!

Recipe: *Warm Baked Apples*

Ingredients

1 to 2 teaspoons of oil	6 Golden Delicious, Granny Smith, or Macintosh Apples
2 tablespoons frozen orange juice concentrate	8 tablespoons dried cherries, raisins, or any other fruit
6 teaspoons honey	

Instructions

- Turn the oven on to 375 degrees.
- Lightly coat the muffin tins with oil to prevent the apples from sticking to the tins.
- Remove the core of the apples by using a melon baller or a spoon.
- Lightly prick around the tops of the apples with a fork (this prevents the apples from splitting).
- With the help of your child, put the apples in the muffin tins and then fill each apple with 1 teaspoon orange juice concentrate, 1 tablespoon dried fruit, and 1 teaspoon honey.
- Put the muffin tin in the oven and bake until the apples are soft, about 30 minutes.
- Serve warm and enjoy!

Sanders, D. (n.d.). Radish. Retrieved from <https://content.ces.ncsu.edu/radish>
White House Warm Baked Apples with Dried Cherries and Raisins. (2017, April 04). Retrieved from <http://www.chopchopmag.org/recipe/white-house-warm-baked-apples-dried-cherries-and-raisins>