

Apple Fundraiser

RETURN FORM WITH PAYMENT: FRIDAY NOVEMBER 9 or ONLINE www.rcfi.fundraiserorders.com

PICK UP AT THE SCHOOL: THURSDAY DECEMBER 6: 3pm-6pm

*Each 10lb bag of apples costs \$10.00, and \$5 of the proceeds go towards our **Student Snack Program**.*

Student Name: _____

Class: _____

| Name | Phone | Golden Delicious | Royal Gala | McIntosh | Empire | Cortland | Total Bags Ordered | Total Cost |
|-----------------------|---------------------|------------------|------------|----------|--------|----------|--------------------|-------------|
| <i>Ex. John Smith</i> | <i>519-550-5555</i> | <i>2</i> | | | | | <i>2</i> | <i>\$20</i> |
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| Total Apples Ordered | | | | | | | | |

Apple
Guide

GOLDEN DELICIOUS - FIRM & JUICY, BEST FOR APPLESAUCE, PIES & SNACKING

ROYAL GALA - BEST FOR EATING

EMPIRE - SLIGHTLY TART, JUICY, FIRM & CRISP, BEST FOR SNACKING & APPLESAUCE

MCINTOSH - MILDLY TART, BEST FOR SAUCES, PIES & EATING

CORTLAND - MILD, SWEET & CRISP, BEST FOR PIES & SAUCES

Apple Recipes

APPLE CRISP Serves 8

Ingredients

- 1 cup quick-cooking or old-fashioned rolled oats
- 1/3 cup whole wheat flour
- 1/2 cup packed brown sugar
- 1 tsp cinnamon
- 1/4 tsp salt
- 1/3 cup unsweetened apple juice
- 1/3 cup butter, melted or soft non-hydrogenated margarine
- 5 or 6 Empire, McIntosh or Golden Delicious Apples
- 1 tbsp fresh lemon juice

Directions

In a bowl, combine oats, flour, 1/3 cup (75 mL) of the brown sugar, half the cinnamon and the salt. Stir in half the apple juice and all the butter. Set aside.

In a greased 8-inch (2 L) square baking dish, combine apples, lemon juice, remaining apple juice, remaining brown sugar and remaining cinnamon. Sprinkle oatmeal mixture evenly over apples.

Bake in a 375°F (190°C) oven until apples are tender and topping is golden brown, 30 to 40 minutes.

Recipe: Dietitians of Canada - Unlock Food

APPLE CHEDDAR SOUP Serves 6

Ingredients

- 2 tbsp butter (or 1 tbsp of Canola oil)
- 3 McIntosh or Cortland apples, peeled, cored and chopped
- 1 cup chopped leeks (white and light green parts only)
- 1 cup chopped celery
- 1 cup chopped carrots
- 1 tbsp chopped fresh thyme
- 1 tbsp chopped fresh rosemary
- 1/2 tsp each salt and pepper
- 2 cups water
- 2 cups apple juice
- 2 cups packed grated extra old cheddar
- 1 cup 1% milk

Directions

In large saucepan over medium-high heat, melt butter. Add apples, leeks, celery, carrots, thyme, rosemary, salt and pepper. Cook, stirring often, until vegetables begin to soften, about 10 minutes. Add water and apple juice; bring to simmer and cook, until vegetables are very tender, about 30 minutes.

Working in batches, purée soup in a blender until smooth. Return soup to pot and over medium heat whisk in grated cheddar until dissolved. Gently whisk in milk and warm through (do not boil again).

Recipe: Ontario Apple Growers