



Outside Adventures

Hello young readers!

Welcome to our Autumn 'lark leaflet' for children.
Don't forget you can also find these on our website under
the kid's page at

www.countrysiderestorationtrust.com

The Big Apple

Now is the time for apples to be harvested and juice to be made. Unfortunately, this year, because of the cold and wet Summer, the amount of good quality apples is lower. Bees were not around to help pollinate in the Summer and the cold conditions meant the apples did not grow and ripen as expected. However, there are still many trees bearing fruit.

At Awnells Farm, in our orchard, it is time to pick our apples. We use a 'panking pole' to hook the branches so that we can then give it a good shake. There is then the back-breaking work of picking them all up and putting them into sacks.

The apples are then taken to a local factory to be turned into juice and cider. The apples are weighed, washed and then squashed into a huge press before being stored in gigantic tanks and vats to enhance their flavour.

Not all apple trees are cider apple trees. Some produce apples for cooking and some for eating.

Apples are very healthy to eat. Try this delicious recipe for Apple Crumble - yummy served with custard or ice-cream:

Apple Crumble

Ingredients:

75g (3oz) plain white flour
75g (3oz) wholemeal flour
Small pinch of ground cinnamon
100g (4g) butter
50g (2oz) light soft brown sugar
675g (1.5 lb) eating apples
25g (1oz) caster sugar
3 tablespoons orange juice

1. Heat the oven to 180 C / 350 F.
2. Sift both kinds of flour and the cinnamon into a large bowl.
3. Add the butter and rub it into the flour until it looks like fine breadcrumbs.
4. Stir in the soft brown sugar.
5. Cut the apples into small chunks, put them into another bowl, sprinkle the caster sugar over them and mix together.
6. Spoon the apple into an ovenproof dish and drizzle the orange juice over the top.
7. Spoon the crumble topping over the apple and spread out evenly.
8. Put the dish in the oven for 35 minutes or until the top is lightly browned.



Find the hidden words

As you look for the hidden words, remember that they can run vertically, diagonally or horizontally as well as forwards or backwards. There are 9 to find altogether. Good luck!

B	R	O	T	C	A	R	T
A	S	E	C	I	U	J	L
P	C	S	W	D	P	D	E
P	S	F	E	E	I	G	A
L	Z	J	H	R	P	N	V
E	M	L	O	O	P	A	E
G	N	I	K	O	O	C	S
B	L	O	S	S	O	M	Q

APPLE
TRACTOR
CIDER
BLOSSOM
LEAVES
JUICE
PIP
COOKING
PRESS

Apple Harvest

How many words of three letters or more can you make out of 'APPLE HARVEST'?
The letters can be in any order.

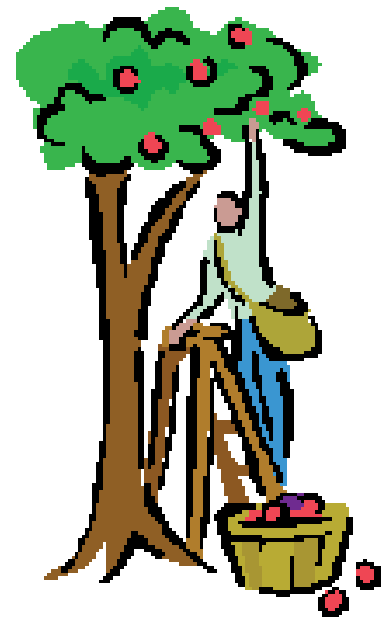
Life Cycle of an Apple Tree

In Winter the apple tree sleeps and stores energy. Its branches are bare of leaves and fruit but it is still home to many creatures such as spiders, birds, insects and squirrels.

In Spring, shoots and leaves appear on the branches. Around May time, pretty pink and white blossom is produced.

In Summer, the blossom disappears and in its place fruit begins to grow and is green in colour.

In Autumn, the fruit ripens and becomes more golden and red in colour. The branches hang lower with the weight of the fruit. The apples are ready for harvest.



Competition!

See if you can draw the four different stages of the apple tree or even just one of the stages. We would love to see your drawings! Send them in to us for a chance to win a complete set of Robin Page's children's books.

Send your entries with your name, address and age to **Laure Tordjmann, The Countryside Restoration Trust, Bird's Farm, Haslingfield Rd, Barton, Cambridgeshire CB23 7AG** by 10th December 2012. Good Luck!

The Countryside Restoration Trust

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