

Once again this year Lakeroad has partnered with Zekveld Garden Market for our first fundraiser of the year! We will be selling 10lb bags of apples for \$9. This is one of our most successful fundraisers and funds raised go towards the cost of yoga for all Lakeroad students. Last year we sold 323 bags of apples raising almost \$1000!!! Let's see if we can beat that number this year!

All orders are due back to the school no later than September 28. LATE ORDERS WILL NOT BE ACCPTED. We must give Zekveld's sufficient time to prepare our order.

Apples will be delivered to the school on **October 6** and will be available for pick up in the gymnasium between 3-5pm.

Apples are healthy, delicious and versatile. Eat them fresh or bake with them. There are so many different varieties but all of them can be eaten fresh or cooked with. It all depends on taste and preferences.

Empire: *(Cross between a Red Delicious and a McIntosh)*

Its sweet cousin is the Spartin Apple. It's a dark red apple with a light green patch. It's a firm, juicy apple good for fresh eating, pies and sauce.

Jonagold: *(Cross between a Golden Delicious and Jonathon apple)*

It's a large apple that makes a substantial snack. One of these a day will cover a large portion of your recommended fruit for the day. It's a juicy, crisp apple with a sweet taste and white flesh. Most similar to Honey Crisp! The boss's favourite!

McIntosh: *(An old favourite)*

It is a small to medium sized apple which is red with a green patch and white flesh. It tastes sweet with a tart tang. It is excellent for eating fresh, pies and sauces. It cooks down quick and is quite juicy so add more thickener to pies and crisps.

Royal Gala:

A small to medium red apple with vertical yellow/green stripes. It is fairly resistant to bruising. Its flesh is creamy in colour, its taste is mildly sweet and it's skin is thinner than most apples. It is considered a soft eating apple which is well suited as a snack for denture wearers. Their size and flavour makes them an ideal snack for school lunches.

Golden Delicious:

Firm, crisp, juicy, flavourful apple. Mild, sweet, distinctive flavour. High quality all purpose apple. Good eating and cooking apple. Keeps it's shape when oven baked. I like it for a sweet apple sauce and then I don't add sugar. My favourite.

Ida Red:

Tart apple. Ideal for munching or baking in pies and crisps. Keeps it's great flavour when oven baked. One of the most popular baking apples!

Mutsu: *(Otherwise known as Crispin)*

A large green apple related to the Golden Delicious. Most often has spots on the skin but not the flesh of the apple. A favourite for baking because of it's large size. A firm, tart apple when picked fresh but as it ripens it gets softer, sweeter and turns yellow. Great for snacks or baking.

