



Fall Time at Full Circle Farm Harvest of the Season: Apples

John the Farmer is feeling a little chilly outside. The leaves on the trees of Full Circle Farm are turning brown and starting to fall to the ground. Do you know what season it is? Yes, it is the beginning of fall. Everybody on the farm is ready to celebrate all their hard work of the summer. It is time for the harvest party! Do you know what a harvest is? It is the time when all the fruits and vegetables that are grown on the farm are picked for everyone to eat. All the farmers invite their friends, family, and community members to celebrate all this delicious food that they grew. They listen and dance to music, eat lots of fruit and vegetables that were grown on the farm, and go on hay rides down by the river. Do you know what a hay ride is? A hay ride is a chance for people to ride on the trailer of a tractor while sitting on a big bale of hay. After the party is over, it is time to get back to work on the farm and get it ready for the cold winter months.

After a long summer of growing food, farmers must prepare their soil for winter growing. The soil has worked hard in the summer and produced a lot of fruits and vegetables. Organic farmers keep their soil healthy by adding nutrients to it. Organic farmers add limestone, kelp (which is seaweed), and even cow manure. The farmers get their cow manure from friends at a dairy farm who make milk, cheese, and yogurt. This manure is very important for adding vitamins and nutrients to the soil.

In the fall and winter, there are many different vegetables that are grown on the farm. Fall crops include lettuce, kale, chard, collards, carrots, parsnips, spinach, beets, arugula, and many other delicious vegetables.

Now think about the apple that you are going to eat here in class. It was grown in Eastern Washington, which is across the Cascade Mountains from Seattle. There are many different types of apples grown in Washington, including Braeburn, Honeycrisp, Gala, Fuji, and Golden Delicious. Do you know which apple you are going to eat today? No matter which kind of apple you eat, it is guaranteed to be healthy because it is high in vitamin C, fiber, and many other nutrients.