



**FIELD
TO SCHOOL**

APPLE JUICE PRESSING

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Pressing apple juice is a great way to teach children about the seasonality of local fruits.



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Arrange a visit to a local orchard in the autumn or use your own school's apples if you have them.

At the orchard, the children can learn about the different varieties of apples that are grown.





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As a group, children can collect fallen apples or pick apples from low-stemmed trees.





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The apples can then be collected in a large box, bucket or baskets.



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When enough apples have been collected, the children can work in teams to carry the boxes to the apple press.





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Talk to the orchard owner to see if they might be able to bring the press into your school.

You might think about buying your own press if you have apple trees in school.





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Before pressing, the apples should be cut smaller, so that the pressing is easier. After the children have been shown how to hold the knife properly, they can cut the apples into small pieces.





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The first step of the pressing process is to shred the cut pieces.



This makes the process of pressing even easier.





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Once shredded, the apples can finally go to press! The children love to see the first drops of juice going into the pot!



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Once pressed, the children finally get to taste the juice. Homemade and freshly pressed - a real treat!!! If different types of apples are used, then the balance of sweet and sour flavours balance make the juice is even more delicious.

