



GREEN CITY MARKET

NOURISHING CHICAGO SINCE 1999

CLUB SPROUTS
Apple Boats

DOES IT SINK OR DOES IT FLOAT?

Guiding Question

WHY DO APPLES FLOAT?

The answer has to do with the density of the apple. The density of an object will determine if it will sink or float. If something is more dense than water, it will sink. If something is less dense than water, it will float.

APPLES ARE LESS DENSE THAN WATER!

Apples can float because 25% of their volume is air.

Supplies

- 1 medium apple
- Sharp Knife
- Toothpicks
- Construction paper

Instructions

1. Using a sharp knife, slice your apple horizontally into 1/4" thick pieces.
2. Cut a triangle out of a piece of construction paper.
3. Poke a toothpick through the bottom of the triangle and out of the top to make a sail.
4. Stick the sail into your apple slice.

Get creative!

HOW MANY OF THESE BOATS CAN YOU MAKE WITH APPLES?

- Sailboat
- Pirate ship
- Catamaran
- Raft
- Canoe

BLOW THROUGH A STRAW TO MOVE YOUR BOAT AROUND!

When you're finished playing, use your apples to make our Apple & Cranberry crisp recipe!

Share your photos!

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Apple & Cranberry Crisp

Ingredients

FOR THE FILLING

- 4 medium-sized apples, cored
- 1/2 cup fresh or frozen cranberries
- 1/4 cup sugar
- 1/2 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- Pinch of salt

FOR THE TOPPING

- For the topping
- 4 tablespoons unsalted butter, divided
- 1/4 cup all-purpose flour
- 1/4 cup old fashioned rolled oats
- 3 tablespoons packed brown sugar
- Pinch of salt

Instructions

ADULT CHEF

PREPARE THE APPLES

1. Quarter apples lengthwise and thinly slice. Place into a bowl for your Little Chef to prepare.

LITTLE CHEF

1. In a large bowl, toss apples with cranberries, granulated sugar, cinnamon, nutmeg, and a pinch of salt until evenly coated. Set aside.
2. In a separate bowl, mix flour, oats, brown sugar, and a pinch of salt in a bowl until combined.
3. With the help of your adult chef, melt 2 tablespoons of butter at the bottom of a skillet at medium heat. Add oats and agitate until they are brown and crisp. Remove from pan and transfer back into the bowl they came from.
4. Melt the additional 2 tablespoons of butter and add the apple mixture. Cook at medium low heat until apples are soft and bubbling. A light caramel will begin to form.
5. Top cooked apples with oat topping. Serve warm.

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