

# Apple Cider Making

***Get ready to go back in time...right in your school!***

Back in the “olden days,” life was *hard!* There were no shopping malls or supermarkets. Members of your family needed to know how to grow your own food, take care of the animals, build your house, make your clothes and soap, make and fix tools ...and the list goes on! Many of the chores needed to help the family and keep everyone safe and healthy were done by the children.



In colonial times, apples and the juice squeezed or pressed out to make cider were very important. It was considered a safe liquid to drink. Many of the rivers near a town or city were polluted because they were often used like a garbage dump.

Another product you could make from apple cider was vinegar which in turn was used to preserve vegetables and fruits for wintertime. Apple cider was also used to make a type of brandy or “applejack.” The alcohol content could also help to preserve peaches, plums and cherries or be used to clean wounds or as an anesthesia during surgery!

Our naturalists will be visiting your school and they will bring a cider press like the one shown in the picture. A naturalist is someone who knows about nature and living with the land.



During the activity, you and your classmates will all help to make cider. It takes time and effort to turn apples into cider. Your naturalist may share a song or two to make the task easier:

***Song 1*** (tune of *Row Your Boat*)  
*Grind, grind, grind the apple*  
*Down the chute they go*  
*Squishy, squashy, squishy, squashy*  
*Out the juice will flow.*

***Song 2*** (tune of *I’m a little Teapot*)  
*I’m a little apple, short and round,*  
*I make a munchy, crunchy sound*  
*If you bite into me you will see-*  
*I’m delicious as can be!*

You will also talk about the different types of apples, and where apples grow. The best part is that you will get to sample some cider when you are finished!

**We hope you will enjoy going back in time during your day with us!**