



APPLE QUEST

PATCH PROGRAM



GIRL SCOUTS OF THE GREEN AND WHITE MOUNTAINS
Serving New Hampshire and Vermont

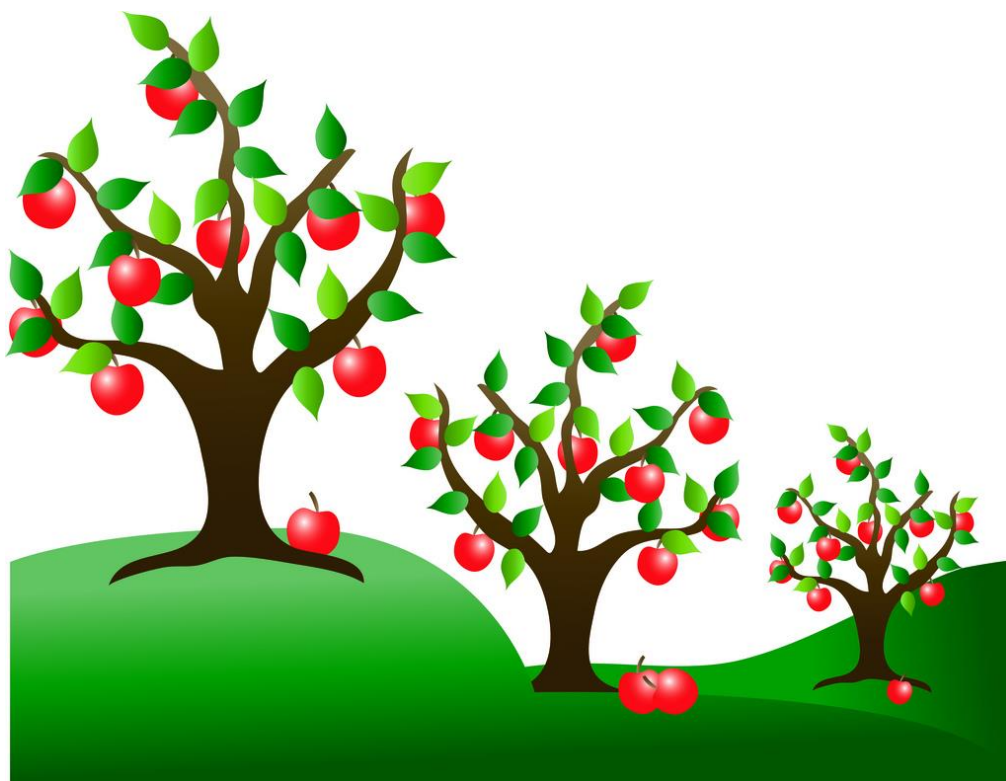
GSGWM APPLE QUEST PATCH PROGRAM

This patch will encourage girls to discover the importance of apples in our lives, connect to local farmers and orchards and take action by finding ways we can make a difference in our community with what girls learn.

Girls earning this patch for the first time earn the apple tree patch and their first apple. Girls earning Apple Quest again should do different activities or repeat activities in different ways. They will add a new apple to their apple tree.

To find local apple orchards in your area, check out www.vtliving.com/appleorchards/ for orchards in Vermont and www.nhliving.com/appleorchards/ for orchards in New Hampshire. All age levels involve visiting an orchard, but feel free to customize this patch with a virtual trip to an orchard if a troop trip is not possible.

Each age level has specific activities to complete to earn the Apple Quest patch. Make sure to complete the starred activities. There is a note next to activities that tie into a specific Journey activity but this program be used to connect to all 3 Journey series at all age levels and badges in the Girls Guide to Girl Scouts (GGGS).



APPLE FUN PATCH FOR DAISY AND BROWNIE GIRL SCOUTS
Daisies complete at least 4 activities including the starred activities
Brownies complete at least 5 activities including the starred activities

1. *Go on an apple scavenger hunt with your troop to a local grocery store or farmers market. See how many foods have apples in them – make a list. Find out if any apples that are sold are locally grown. (D – Between Earth and Sky session 7, Br- Quest, Session 2)
2. *Visit an apple orchard or cider mill. Pick apples and bring them back for a snack at your troop meeting. Save some apples to donate to a local food bank or other community group. (D – Between Earth and Sky session 2, D- Flower Garden- session 1, Br – GGGS – snacks badge)
3. Find out all you can about Johnny Appleseed and trace his journey on a map as he planted apples across the United States.(D- Between Earth and Sky – all)
4. Bring 6 different kinds of apples to a meeting and make a chart about the differences in shape, skin texture, color of fruit, juice, taste and the color of the skin. (BR – World of Girls session 3)
5. Read “How to Make An Apple Pie and See the World” by Marjorie Priceman. Find all the countries on a map of the world. (Br – World of Girls – all, D- Flower Garden- all)
6. Find out why bees are so important to apples. To find out more about local bee keepers who may be able to be a guest speaker, go to www.nhbeekeepers.org or www.vermontbeekeepers.org (D- Flower Garden – session 4)
7. Find at least four recipes using apples and make a small cookbook (connects to snack ideas in all Journeys).
8. How many fruits and vegetables should you eat each day? Find out at www.choosemyplate.gov . Make a menu for a day including an apple as part of a meal or snack. (Healthy Habits Journey Booklet <http://www.girlscouts.org/program/journeys/booklets>)



APPLE QUEST PATCH FOR JUNIOR GIRL SCOUTS

Complete at least seven activities including the starred (*) ones.



1. *Visit an apple orchard or cider mill. Talk to the owner and find out about the process involved in growing apples. Pick apples to donate to a local food bank or other community organization. (Get Moving session 2)
2. *What does the expression “An apple a day keeps the doctor away” mean? Why are apples important to nutrition? Make up a healthy menu for a week that includes an apple a day. Check out <http://www.choosemyplate.gov> to find out how to plan a healthy menu. (Get Moving - Healthy Habits Journey booklet http://www.girlscouts.org/program/journeys/booklets/HWCF_Junior.pdf)
3. *Learn the different ways an apple grower controls pests and disease. Find out about Rachel Carson and how she changed the way pesticides are used in growing (check out her website at www.rachelcarson.org) (Agent of Change – session 2)
4. Find six different types of apples and where in our council they are grown. Chart the locations on a map and research why that variety of apple grows best in each location. (Get Moving- session 2)
5. Find six healthy apple recipes and bind them together into a troop book. Try making at least two! (Get Moving - Healthy Habits Journey booklet http://www.girlscouts.org/program/journeys/booklets/HWCF_Junior.pdf)
6. How do deer and other animals impact apple orchards? What do local farmers do to respect wildlife but protect their trees? (GGGS – Animal Habitats Badge; Get Moving session 3)
7. What does the expression “An apple a day keeps the doctor away” mean? Why are apples important to nutrition? Make up a healthy menu for a day that includes an apple. Check out <http://www.choosemyplate.gov> to find out how to plan a healthy menu. (GGGS – Staying Fit Badge)
8. Find out about women (locally or globally) who are involved in environmental science fields who are making a difference in agriculture. (aMuse - session 2)
9. Visit a grocery store and visit with a produce manager. Make a list of different apple varieties and where they are grown. How are apples packed and shipped to your community? Why do grocery stores ship apples when we grow them here? What are organic farms?
10. Visit a local farmers market and talk to the farmers who grow apples. To find local farmers markets near you, check out www.nhfbma.org for NH farmers markets and http://www.vermontagriculture.com/buylocal/buy/farmersmarkets_map.html for Vermont farmers markets.
11. Bake an apple pie (or other apple treat) and share it with a younger girl troop. Share your experiences in earning this patch. (GGGS – Junior Aid award)

APPLE QUEST PATCH FOR OLDER GIRL SCOUTS

Complete at least nine activities including the starred (*) ones.

Because there are a total of 9 journeys and multiple badges for older Girl Scouts, specific connections are not listed for each activity. Girls can find ways to connect these activities to the Journey and badges they are working on. If you need specific support, please contact the Troop Pathway Team at troop@girlscoutsgwm.org

1. *Visit an apple orchard or cider mill. Arrange to meet with the owner and find out about what is involved in growing apples, increase sales and diversify their market; and what the farmer does to keep his orchard sustainable. Pick apples to donate to a local food bank or other community organization.
2. * Create a healthy eating guide for families that includes two recipes each for an appetizer, drink, side dish, salad, main dish and dessert using apples as part of a balanced, healthy eating program. Make copies to distribute to a local food bank or other community organization.
3. *Many countries in the world suffer from extreme hunger because they don't have the resources to grow the abundance of foods that countries like the USA can. Check out the WAGGGS (World Association of Girl Guides and Girl Scouts) website to find out how Girl Scouts and Girl Guides can make a global impact
http://www.wagggsworld.org/en/take_action/MDGprogrammes/Poverty
4. Pioneers in the early days of America made dolls from anything that could be found on the land or recycled. Apples were among the materials that these settlers used when they wanted to amuse their children. Make your own apple dolls and donate them to a local shelter or other community organization.
5. Almost one in every four apples grown in the US is exported. Find out what is involved in shipping apples and how the global food net work leaves a carbon footprint. Find out about organizations that are helping support local farming to reduce the impact of shipping foods. Share your findings with local stores and consumers to help reduce the environmental impact of the foods you eat.
6. Apples are used in a variety of ways for the foods/drinks (apple juice, apple sauce, apple chips, etc) we eat. Make a chart to compare the nutritional value of the foods apples are used for and what to look for in the products we choose (for example -100% juice vs juice). Find out where you can post your chart in your community to share your findings.
7. Investigate the Vermont state websites and learn what the Vermont state pie is, how it should be served and how the designation of "state pie" began. How does having a state fruit and pie help support the local economy?
8. Invite younger girls to join your troop to make several different versions of an apple pie. Have a taste test and have them vote for their favorite pie.
9. Plan an apple event for younger Girl Scouts in your community. Have stations where girls can learn about apples through fun activities (feel free to use ideas from the Apple Quest patch requirements for younger girls). Have girls bring a friend to share the fun in Girl Scouts with other

girls in your community (you can connect to your local Community Events Coordinator for support or email troop@girlscoutsgwm.org for support).

10. Apple growers use different methods to control pests and disease in plants; find out what the methods are and determine which you would use as an apple grower. What are the benefits and disadvantages to chemical and organic pest controls?
11. The government has many laws and policies that support and regulate farmers. Find out about women in government who are involved in the legislation that impacts what goes on your plate. Go to www.ag.senate.gov to find out about the politics of growing the apple you eat.
12. Women are principal operators for 14% of the nation's farms who generated more than \$11.1 billion in agricultural products in 2007. Find out about colleges in your area that help educate future farmers and arrange a visit. For a list of colleges in NH and VT that offer environmental programs check out www.jerseyageducation.nj.gov/agriculture/ag_ed/ffa/scholarships/4yrAgColleges.pdf

APPLE QUEST EVALUATION

Troop/Group Age Level: Daisy____Brownie____Junior____Cadette____Senior____ Ambassador____

Troop/Group Leader:_____

Street:_____ City:_____ State:_____ Zip:_____

Phone#: (day)_____ (evening)_____ (cell)_____

1. Which activities did your troop/group enjoy the most?

2. In what way(s) did the girls give service in relation to this patch?

3. Did you change or adapt any activities? In what way?

4. How did the Journey suggestions help you connect this to your age level journey?

5. Would you suggest any changes?

6. Comments:

Please mail your Apple Quest Evaluation and Patch Order forms to:

**The Mountain Top Shop
Girl Scouts of the Green and White Mountains (GSGWM)
P. O. Box 10832
Bedford, NH 03110-0832**

APPLE QUEST PATCH ORDER FORM

Please return your Apple Quest patch order and evaluation forms together!

Troop Age Level: Daisy____Brownie____Junior____Cadette____Senior____Ambassador____

Troop Leader:_____

Street:_____City:_____State:_____Zip:_____

Phone#:(day)_____(evening)_____(cell)_____

_____# of patches @2.00 each \$_____(purchase first year earned only)

_____# of apples @.50 each \$_____(purchase each year earned)

Shipping/handling (see below): \$_____

Total enclosed: \$_____

VISA and MasterCard are also accepted.

Please charge my: VISA ☐ MasterCard ☐

Signature: _____

(A signature is required on all credit card orders.)

Account #: _____CVC (3 digit code on the back of the credit card) _____

Expiration date: __ / __

Shipping and handling rates

Under \$25.00	\$5.95	\$100.01-\$200.00	\$14.95
\$25.01-\$50.00	\$7.95	\$200.01-\$300.00	\$20.95
\$50.01-\$75.00	\$9.95	\$300.01-\$500.00	\$25.95
\$75.01-\$100.00	\$11.95	\$500.01 and higher	\$45.95

If you have any questions, call 603-627-4158 or 1-888-474-9686