



**Common Ground** initiated Apple Day on October 21 1990 in Covent Garden and launched it countrywide with over 50 events in 1991. These ranged from markets in village halls to menus in National Trust houses, pruning and grafting classes, apple roadshows by horticultural societies and apple food and drink in the Houses of Parliament. By 2000 Apple Day was celebrated in more than 600 events around the country and abroad. Events were organised by Councils from Cornwall to Ryedale and Essex, schools, Women's Institutes, historic properties, museums, juice producers, apple growers, cider makers, farmers, nurserymen, restaurants, wild life Trust, supermarkets, arts centre, agricultural and art colleges, garden societies, parish councils and in Community Orchards.

**Apple Day**, celebrated on October 21st, is a way of celebrating and demonstrating that variety and richness matter to a locality and that it is possible to affect change in your place.

At an Apple Day you can sometimes see hundreds of different varieties of apples, taste some of the more unusual kinds that you cannot find in the shops. There is often an apple identification service when you can bring some apples from your mystery garden trees to be identified by experts and an Apple Doctor with whom you can discuss problems.

There is usually lots to eat and drink from apple cakes and chutney to apple juice and cider and often cookery demonstrations with apples.

Sometimes there are pruning and grafting demonstrations and games such as apple bobbing and the apple and spoon race, storytelling and archery.

Roger Deakin, a local Suffolk man, was a founder director of Common Ground in 1982.

# Apple Day 2011

Sunday

October 16th



## **Apple Day at Metfield**

**Stores**, has been celebrated since 2007. And for the last 3 years, we've been a Fringe Event with the Aldeburgh Food Festival. **Metfield Stores** is run by the community for the community and as such welcomes diversity, friendship and apples. We begin and end our apple day at our village shop, with lots of apple juices to quench our thirst, apple pies to warm our bellies, and conversation around the apple.

**Apple Identification** At 10.00 you're invited to bring along your apples for identification or buy apple fruit trees from Hatton Farm Nurseries.

**Apple Pies and Cakes** will be available for you to take away for tea.



## **Apple Walking**

At about 11 we'll start off on an Apple Ramble. Led by our one and only Eddie Krutysza, we'll meander around notable apple trees in the village, before walking through hazel groves, crab-appled hedgerow to Wakelyns Agro-forestry apple system – a field planted by Ann and Martin Wolfe with 21 heritage varieties of apple trees (including a C13th French variety, Coeur de Boeuf).

**Apple Juice Tasting** We've a range of local Suffolk apple juices commercially produced, from Dan Neuteboom (Eye) James White (Ashbocking) and Aspalls (Stowmarket). **Apple Tasting** Apples from Wakelyns Agroforestry, Dan Neuteboom's Real English Fruit Orchards, Braiseworth, Eye, and Eddie Krutysza's local Metfield orchard. **Apple Ice Cream** from Alder Tree, Creting St Mary,

Mr. Panati says, "The first forbidden food - the first forbidden anything on earth - was an apple. Or was it? The species of tree is never identified. He says the pomegranate is "the preference of Hebrew scholars. The banana is favoured by the Koran. But the apple is "the preference of Christian scholars. The apple entered the competition for the tree at Eden late, only after Christian artists began to graphically depict the biblical tale. By then, the Greeks had mythologized the 'golden fruit,' belonging to the family 'Rosaceae' (which includes the queen of flowers, the rose); If the banana hypothesis is correct, we can forever think of the Fall from Grace as involving a slip on a banana peel. Every fall from grace has a certain appeal.

Bloody Ploughman / Kentish Pippin / Flower of Kent /  
Floer of Kent Green / Clopton Red / Falstaff / Queen  
Cox / Elise / Suffolk Pink / Rosemary Russett /  
Conference Pear / Fiesta / Spartan / Royal Gala / Dr  
Harvey / Bramley

The Apple  
James Crowden

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The apple is a saucy little item,  
Daughter of blossom, sits neatly in the palm,  
Exquisite in its pert roundness  
And asking to be admired and handled.  
Look for instance at the much forgotten stalk  
The secret timing of its fall from grace  
The gravity of the situation, the earthly grasp  
Or else the apple of your eye cradled in the sun,  
Plucked in perfection from the tree of life,  
The rosie skin that takes a shine,  
Protects the inner flesh, firm and crisp and even,  
Till young mouths are brought into play,  
And teeth sunk into sweet sharpness,  
The hint of summer lost in autumn,  
Each subtle fragrance stored within the mind,  
A host of memories, the DNA of myth, the pips,  
Eve's gift, a timely signal carried down the ages,  
Sanctuary in miniature, sliced through,  
The source of secret divination yields a fertile mind,  
The inner core, now discarded, thrown away,  
Rises up again, a shadey orchard meeting place  
For slender youth, the tree itself  
A secret assignation with the golden bough,  
A song bird within a garden walled  
**22 August 1999**