

THE QUEST FOR THE Golden Apple

IN JULIA DAVIS PARK

Who Was Julia Davis?

Julia Davis was a pioneer, a wife and mother, a leader, and a woman who could see far into the future. She grew up in eastern Canada with six brothers and sisters. At age 22, she wanted to have an adventure in the American West and came to Boise in 1869, a tiny town then only five years old.

She soon met Tom Davis, a hard-working and very successful farmer who had homesteaded on the north side of Boise River. With the help of water he diverted from the river, he raised vegetables, berries, and planted thousands of apple trees.



In the spring of 1871, while the apple trees were full of blossoms, he and Julia married. Together they brought up their five children in a house next to the orchard.

Julia Davis was always thinking about what she could do to make Boise a good place to live. Boise had begun as a place with only one street. But then it grew! Soon hundreds and then thousands of people lived here.

Julia and her friends decided that Boise should have a park. They thought it should be a beautiful place with shade trees, fragrant roses, and plenty of space to play and picnic. But where would this park be? Julia talked it over with Tom. They decided to give the citizens of Boise some of their own land, the very place where Tom had planted his apple orchard. Tom went to the Boise City Council and they talked it over. Boise agreed to accept the 40 acres in 1907.

And Julia Davis was right. The park has helped make Boise a wonderful place to live ever since.

Apple Pieces!

The Flower (Apple Blossom)

Leaf Collects sunlight to feed the apple tree and the apple with energy.

Petal The colorful part of the flower that attracts bees.

Nectar A sweet liquid that the bees want to use to make honey.

Pollen A yellow powder the collects on a bees knees.

Stamen The male organ of the flower which produces the pollen.

Pistil The female organ which is fertilized by pollen from different blossoms carried by the bees.

Stem The strong woody twig that brings water and nutrients to the flower and fruit.

Skin The protective outer shell of the apple.

Flesh The delicious part of the apple that also holds in apple juice!

Calyx The base of the flower which becomes the bottom of the apple.

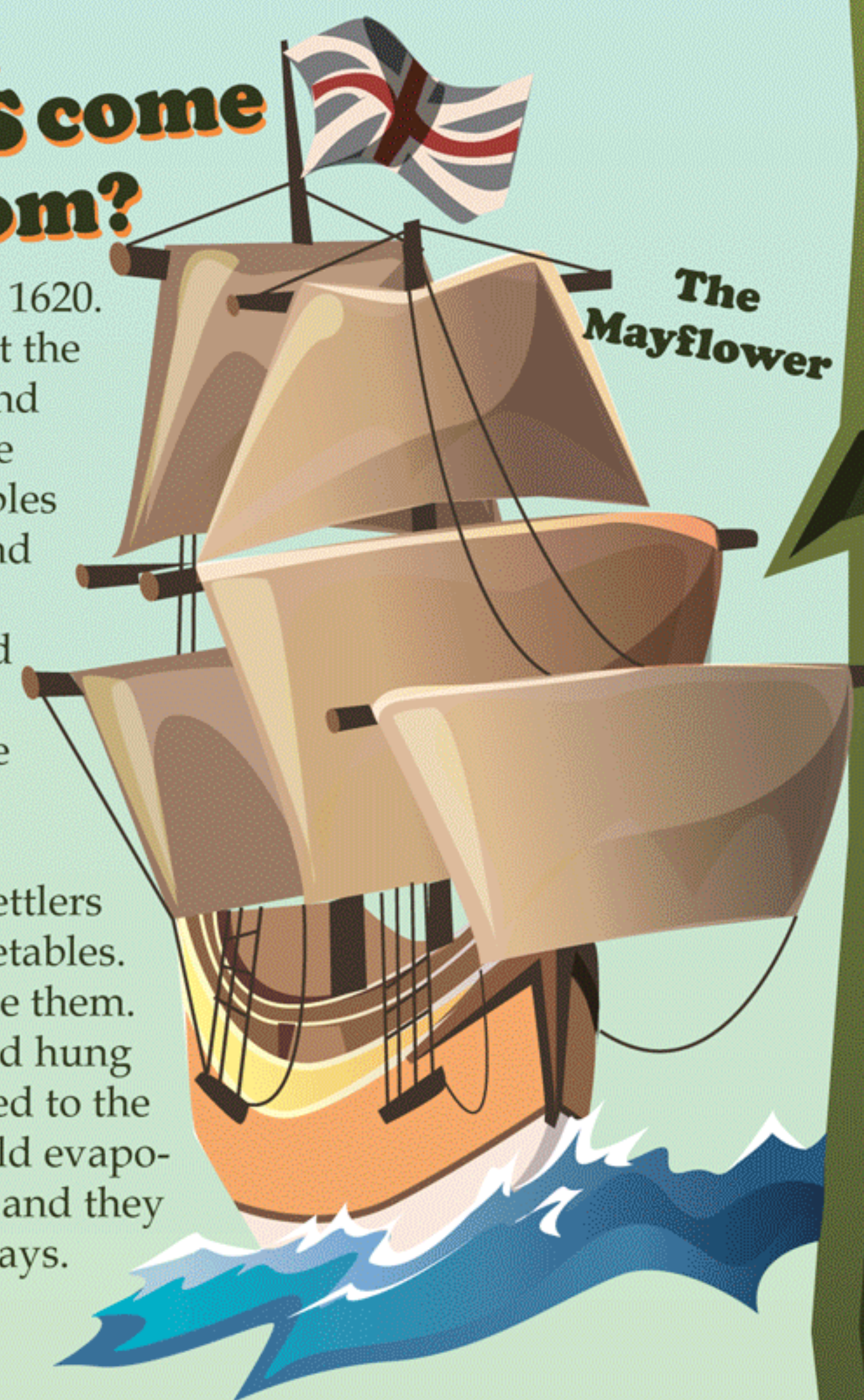
Core The tough center where the apple stores its seeds.

Seeds Contains the DNA (genetic information) to grow a new apple tree!

Where did apples come from?

The apple was brought to the United States by the Pilgrims in 1620. While the Native Americans taught the early settlers how to grow corn and vegetables, the settlers taught the Native Americans how to grow apples with apple tree seeds, seedlings, and small trees. They used apples to make apple juice, apple cider, dried apples, apple butter, and vinegar. The apples were even food for the pigs, cows, and horses.

During the long, cold winters, the settlers could not grow fresh fruits and vegetables. Instead they found ways to preserve them. The apples were peeled, cored, and hung out to dry on a big net or string tied to the trees or posts. The warm air would evaporate the water inside the apples, and they would be dried in a few days.



A Budding Idea

Apple trees are difficult to grow from seeds. It takes about 15 years for a tree grown from a seed to produce an apple. Most apple trees are grown by grafting or budding onto already existing rootstocks.

Growers take the best parts from different trees and stick them together with glue or tape. This is called grafting (see bottom graphic). Many growers graft the branches of a desired type of apple tree to a rootstock to produce a new plant. The rootstock includes a section of tree roots still attached to a bit of the tree trunk.

Sometimes growers use budding instead of grafting (see photo below). In budding, one bud is taken from a tree and attached under the bark of the rootstock with tape or glue. New trees created by grafting or budding live in a protected nursery for about 12 months before they are replanted in an orchard.

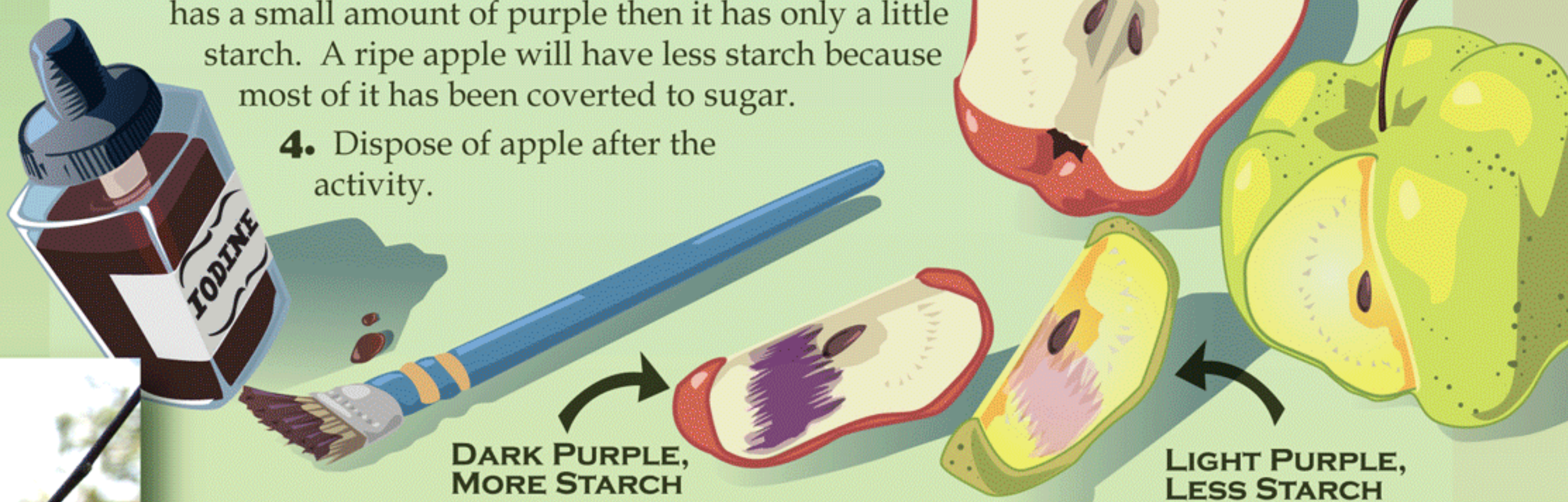
Growers are always trying to make new and perfect apples. They continue to combine the genetic material contained in the branches, buds, or rootstocks to adjust the taste, color, texture, shape, and growing season of the apple.

STARCH IT!

Did you know you can tell how sweet an apple is by how much starch is in it? Apples naturally contain a carbohydrate known as starch. As apples ripen, the amount of starch decreases as it is converted into sugar. Starch turns into sugar near the center of the apple or the core first. The starch conversion works its way out towards the skin of the apple. Apples are ripe when most of the starch becomes sugar. An iodine test is a simple way to see whether an apple is ripe. Try this starch test to see if your apples are ripe.

Materials: Brown Iodine Small paint brush An apple

1. Have an adult cut an apple in half for you.
2. Brush some brown iodine on the cut surface.
3. If your apple turns a dark purple color, then there is still a lot of starch in the apple. If your apple only has a small amount of purple then it has only a little starch. A ripe apple will have less starch because most of it has been converted to sugar.
4. Dispose of apple after the activity.



How Grafting is done...



ABOVE: A PHOTO OF THE BUDDING PROCESS

Healthy Bites

Apples contain Vitamin A, Vitamin C, Vitamin B6, and Vitamin B12, along with thiamin and niacin. They are rich in pectin which is known to reduce cholesterol. Apples contain as much fiber as a whole bowl of most popular cereals and are also good for diabetics. The soluble fiber in apples works to regulate blood sugar, and prevent its sudden fluctuation.

| Nutrition Facts | |
|--|-------------------------------|
| Serving Size | 1 medium apple (154g/5.5 oz.) |
| Amount per Serving | |
| Calories 80 | Calories from Fat 0 |
| % Daily Values* | |
| Total Fat 0g | 0% |
| Saturated Fat 0g | 0% |
| Cholesterol 0g | 0% |
| Sodium 0g | 0% |
| Potassium 170mg | 5% |
| Total Fat 0g | 0% |
| Total Carbohydrates 22g | 7% |
| Dietary Fiber 5g | 20% |
| Sugars 16g | 20% |
| Protein 0g | |
| Vitamin A 2% | Vitamin C 8% |
| Calcium 0% | Iron 2% |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: | |
| Calories: 2,000 2,500 | |
| Total Fat | Less than 65g 80g |
| Saturated Fat | Less than 20g 25g |
| Cholesterol | Less than 300mg 300mg |
| Sodium | Less than 2,400mg 2,400mg |
| Total Carbohydrate | 300g 375g |
| Dietary Fiber | 25g 30g |
| Calories per gram: | |
| Fat 9 | Carbohydrate 4 |
| Protein 4 | |

The apple is a symbol of Julia Davis Park, and you are on a quest to find a golden apple. To find the clues, you must read and follow all of the instructions carefully. Put the clues in the key below. Begin in the parking lot near the Broadway Bridge. Good Luck and Happy Questing!

THE QUEST FOR THE Golden Apple

IN JULIA DAVIS PARK



- The first people to use the land that is now Julia Davis Park were Native Americans called Shoshone. They used the river and the land you are standing on in many ways. Certainly they fished. What are some other ways these people might have used this place? Put the first letter of the name of the Native Americans who lived here in the sixth box on your answer card.
- Walk west into the park until you come to the east end of the pond. Walk quietly and count the different kinds of birds you see.
- The pond attracts many waterfowl. Ducks include mallards, widgeons, and colorful wood ducks. It is likely that Native Americans and settlers hunted ducks for food. The park is also full of a bigger bird from Canada. What is the name of this bird?
- Put the first letter of the word "duck" in the last box of the key.
- Walk along the south edge of the pond and look for birds and animals that live in the park. As you walk through the park, remember that this was once the beginning of Boise City, as well as Tom's orchard.
- As immigrants stopped by the river after their long wagon journey through the hot, high desert, Julia Davis offered them apples from their orchard and produce from their fields. Why might she have done this?
- Apples were important in early Boise. Put an "A" in the eighth box.
- In the winter Tom flooded his pasture to make a pond. When it got cold enough, the pond froze over and people came to enjoy what sport?
- Julia was also very active in the activities of Boise City. She and Tom wanted to improve the city. They knew how welcome a park would be and offered the land to the city in 1899. Why would a park be important to a new city?
- Put Julia's name in the first five boxes.
- Turn south back toward the river. Cross the road and walk through the walkway onto the Greenbelt. Notice how many trees grow along the water. When Tom arrived, trees only grew along the river. Men cut them to build the first cabins in the new desert city.
- As you walk west along the Greenbelt, look at the gnawed trees along the river. Fur trappers valued the pelt of the animal that did this. What animal makes these sharpened stumps?
- Walk on along the river until you find a Cottonwood tree. They have dark green, heart-shaped leaves and rope-like bark. Take time to feel the bark and leaves. Why do you think they are called Cottonwood trees? (Clue: If you are here in the spring, look for the piles of cottony fluff. What is it?)
- Native Americans gathered on the banks of this river and enjoyed a ceremony known as "Cop-cop-he-pash" or "much cottonwood feast valley." What do you think the river provided for their feast?
- Put the last letter of this ceremony in the seventh box.
- The Davis orchard and farms depended on water from the river. In addition to apples, they grew vegetables.
- In the winter people cut ice on the river and stored it in icehouses. They used the ice in summer to cool their food in iceboxes. Another use of the ice was to combine fruit, berries and cream from the local dairy into a popular frozen dessert that Boise women served at socials. What was this dessert? Stop and look at the Friendship Bridge. Why do you think it has this name? In what ways did Julia Davis make friends?
- Follow the Greenbelt a little further to the Davis Orchard sign.
- Tom Davis hired Chinese laborers to work in his fields and orchards. As the population of Chinese increased, Boise City had its own Chinatown. The Chinese grew gardens in the land to the west of Boise, and that area eventually became known as what city? (Hint: The boulevard that runs through this city comes from the words Chinese and Garden to make... _____ Boulevard.)
- Put the last letter of the name of this Boulevard in the ninth box.
- Cross the road and walk north along the Boise Zoo. Look north toward the city. Once you are in front of the Boise Zoo, turn west and walk west down the wide walkway, stopping in front of the Grand Plaza Sign. Look toward the city of Boise.
- A town site was established on the sagebrush plain between the fort and the claims on the Boise River. The men called it Boise City. What is its name today?
- Turn north onto the walkway and walk until you come to a large stone that has The Story of Julia and Tom Davis on it. If you are missing answers to your quest, many can be found by reading this story.

KEY:

THE GOLDEN APPLE IS IN...

| | | | | | |
|---|---|---|----|---|---|
| 1 | 2 | 3 | 4 | 5 | 6 |
| 7 | 8 | 9 | 10 | | |

When you have filled in the boxes, walk north to the statues of Julia Davis and the pioneer girl. The boxes give you the last clue to the location of the Golden Apple. Can you find it?

JULIA DAVIS
P A R K
BOISE, IDAHO