



Apples



Nutrition

Apples provide many nutrients such as fiber, vitamin C, and antioxidants. One large apple provides an average of 80 calories and 20% of the recommended daily dietary fiber.

How Apples Are Grown

Apples develop after an insect transfers pollen from one tree to another. This means that apple trees can not grow alone; they must be planted in at least pairs in order to produce fruit. Apples trees can grow in most weather climates.



Did you know?

- Apples come in a variety of colors including red, yellow and green
- The pilgrims planted the first U.S. apple trees in the Massachusetts Bay Colony
- Apples naturally have a wax coating for protection. This coating is removed during packing, and a natural wax is applied to prevent moisture loss.
- There are 7,500 varieties of apples grown in the world and 100 varieties grown in the United States!

Harvest

Apples are ready to be picked July through October. As apples begin to ripen, color changes occur on the outside, inside and with the seeds.

Preparation

Apples are most nutritious fresh (raw); however, they can be processed into applesauce or juice for other menu favorites.

Storage

Keep apples in refrigeration to extend shelf life (freeze apples for 8-12 months). Wash apples only when ready to use to preserve freshness.

