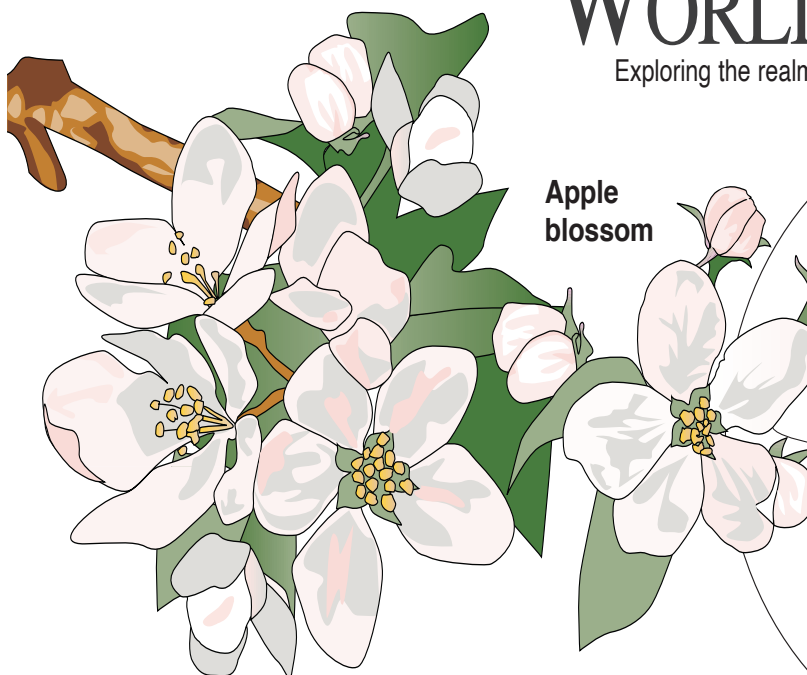




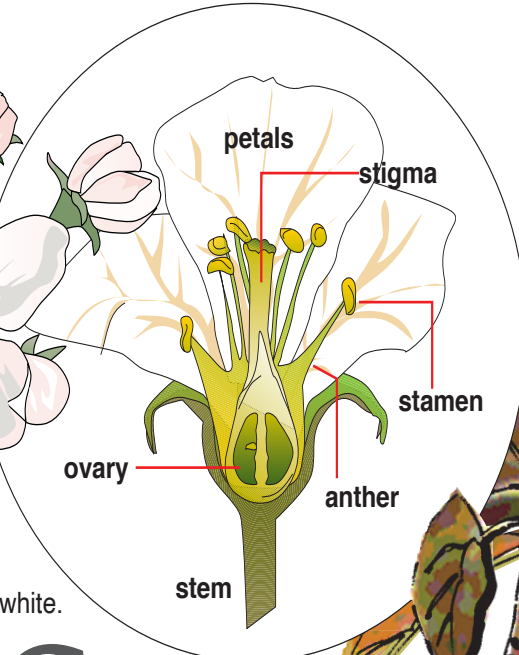
WORLD OF WONDER

Exploring the realms of history, science, nature and technology

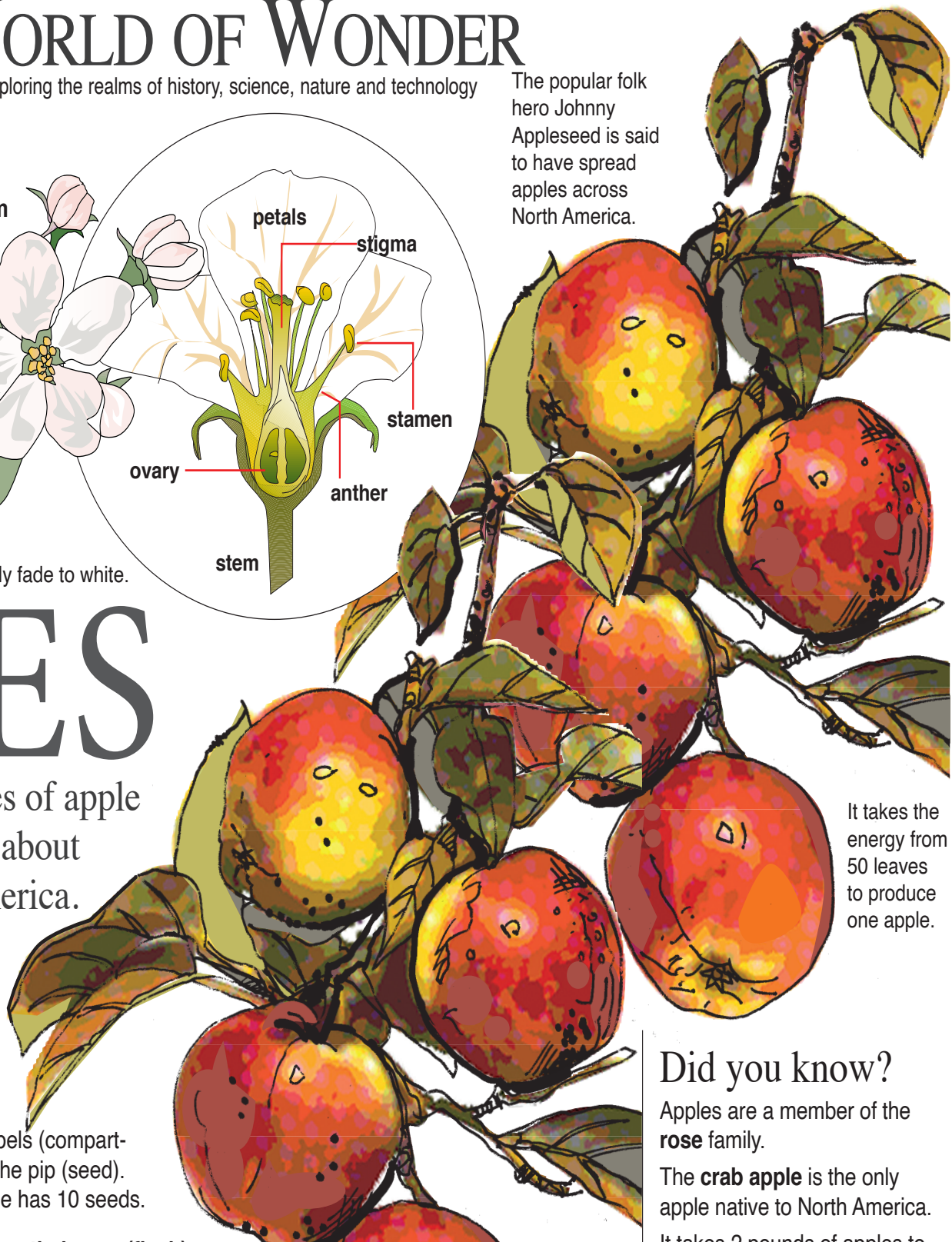
The popular folk hero Johnny Applesseed is said to have spread apples across North America.



Apple blossom



Most apple blossoms are pink when they open but gradually fade to white.



It takes the energy from 50 leaves to produce one apple.

APPLES

There are more than 7,500 varieties of apple grown throughout the world, with about 2,500 varieties found in North America.

Apples are delicious and good for you too!

A bit of history

Archaeologists have evidence that humans have been eating apples since at least 6500 B.C. Apples were first domesticated 4,000 to 10,000 years ago in Asia.

Over the centuries, several varieties traveled the Silk Road to Europe and were brought to North America by European colonists.

Apples appear in many religious traditions, often as a mystical or forbidden fruit*.

Some basics

Apple trees are small, deciduous trees. Some live for more than 100 years. Apple trees can grow 9 feet (3 m) to 39 feet (12 m) tall, and typically take four to five years to produce their first fruit.

Apple fruit matures in the fall. Most apples are still picked by hand in autumn. Modern varieties are generally sweeter than older varieties.

Tips & tricks

Don't peel your apple. The peel contains fiber and antioxidants.

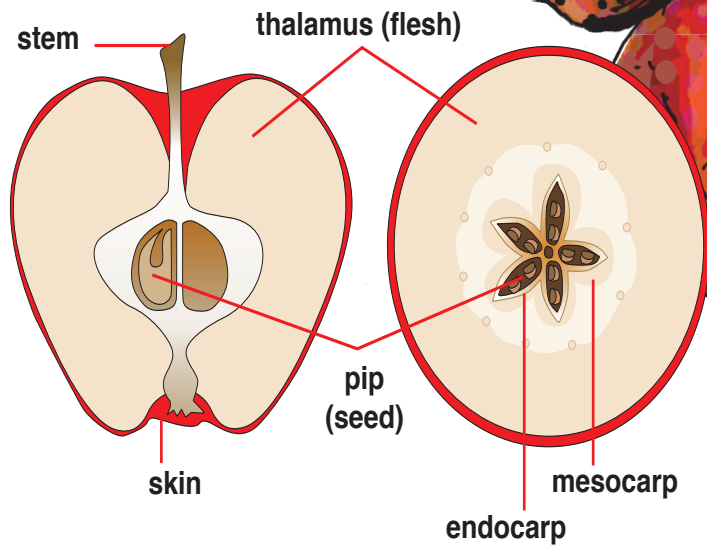
Sprinkle lemon juice on cut apples to reduce browning.

Adding apple wedges into a sealed container with your baked goods helps keep them moist.

* Identifying apples in religion, mythology and folktales can be difficult because the word "apple" was used as a generic term for all fruit.

Anatomy

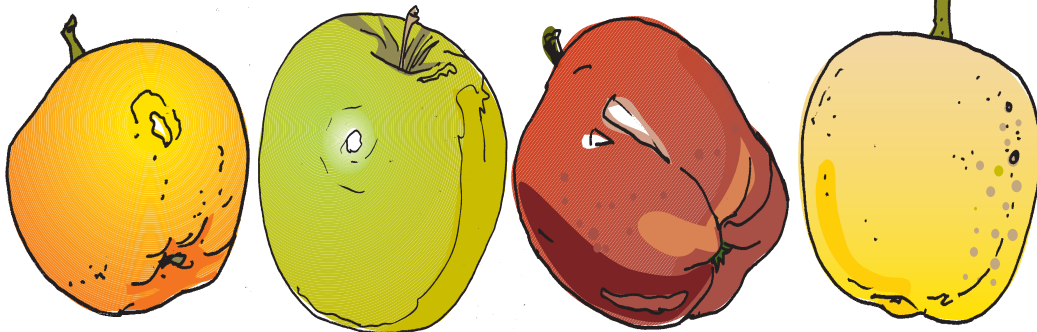
Inside an apple there are five carpels (compartments) that hold the pip (seed). The average apple has 10 seeds.



Most apples need the pollen of another variety to produce fruit. Pollinators, such as bees, transport the pollen from one area of the orchard to another.

Variety, the spice of life

Apple varieties range in size from a little larger than a cherry to as large as a grapefruit. Apples come in many shades of red, green and yellow. The world's top apple producers are China, the United States, Turkey, Poland and Italy.



Cox's orange pippin, a classic English apple and popular dessert fruit, was first grown in 1825 by Richard Cox. A number of crosses have been discovered since.

The **Granny Smith** originated in Australia in 1868. This fruit has hard, light green skin and crisp, juicy flesh. In some parts of Canada, the Granny Smith is called a **green delicious**.

Red delicious is a clone with more than 50 cultivars. It was recognized in Iowa in 1880. The original cultivar has begun to be rejected since the new varieties have become popular.

Golden delicious is a large, yellow-skinned, sweet apple. This firm, crisp apple is prone to bruising and shriveling, so it requires careful handling and storage.

Did you know?

Apples are a member of the **rose** family.

The **crab apple** is the only apple native to North America.

It takes 2 pounds of apples to make one 9-inch pie.

It takes about 36 apples to create one gallon of apple cider.

The apple blossom is the state flower of **Michigan**.

The largest apple ever picked weighed 3 pounds.

Apples have no fat, sodium or cholesterol. A medium apple contains about 80 calories.

Apples are a great source of the fiber **pectin**. One apple has 5 grams of fiber.

The science of apple-growing is called **pomology**.

Apple trees are propagated by two methods: **grafting** and **budding**.

Apples are the second-most valuable fruit grown in the United States. Oranges are first.

Planting an apple seed from a particular apple will not produce a tree of that same variety. The seed is a cross of the tree the fruit was grown on and the cross-pollinator.

Fresh apples float because 25% of an apple's volume is air.

The Greek hero **Heracles** picked golden apples off the Tree of Life.

Apples are a favorite gift to give when visiting someone in China.

SOURCES: World Book Encyclopedia, World Book Inc.; https://www.britannica.com; https://web.extension.illinois.edu; https://usapple.org; USDA National Agricultural Statistics Service;