

125 Interesting Apple Facts

- The crabapple is the only apple native to North America.
- Apples come in all shades of reds, greens, and yellows.
- Two pounds of apples make one 9-inch pie.
- The apple blossom is the state flower of Michigan.
- 2,500 varieties of apples are grown in the United States.
- 7,500 varieties of apples are grown throughout the world.
- Apples are grown commercially in 36 states.
- Apples are grown in all 50 states.
- Apples are fat, sodium, and cholesterol free.
- A medium apple is about 80 calories.
- Apples are a great source of the fiber pectin. One apple has five grams of fiber.
- The pilgrims planted the first US apple trees in the Massachusetts Bay Colony.
- Johnny Appleseed (John Chapman) was extremely influential in helping settlers grow apples.
- The science of apple growing is called pomology.
- Apple trees take four to five years to produce their first fruit.
- Most apples are still picked by hand in the fall.
- Apple varieties range in size from a little larger than a cherry to as large as a grapefruit.

- Apples are propagated by two methods: grafting or budding.
- The apple tree originated in an area between the Caspian and the Black Sea.
- Apples were the favorite fruit of ancient Greeks and Romans.
- Apples are a member of the rose family.
- Apples harvested from an average tree can fill 20 boxes that weigh 42 pounds each.
- The largest apple ever picked weighed three pounds.
- Europeans eat about 46 pounds of apples annually.
- The average size of a United States orchard is 50 acres.
- Many growers use dwarf apple trees.
- Charred apples have been found in prehistoric dwellings in Switzerland.
- Most apple blossoms are pink when they open but gradually fade to white.
- Some apple trees will grow over 40 feet high and live over 100 years.
- Most apples can be grown farther north than most other fruits, because they blossom late in spring, minimizing frost damage.
- It takes the energy from 50 leaves to produce one apple.
- Apples are the second most valuable fruit grown in the United States. Oranges are first.
- In colonial time, apples were called winter banana or melt-in-the-mouth.

- The largest U. S. apple crop was 277.3 million cartons in 1998.
- Apples have five seed pockets or carpels. Each pocket contains seeds. The number of seeds per carpel is determined by the vigor and health of the plant. Different varieties of apples will have different number of seeds.
- World's top apple producers are China, United States, Turkey, Poland and Italy.
- The Lady or Api apple is one of the oldest varieties in existence.
- Newton Pippin apples were the first apples exported from America in 1768, some were sent to Benjamin Franklin in London.
- In 1730, the first apple nursery was opened in Flushing, New York.
- One of George Washington's hobbies was pruning his apple trees.
- America's longest-lived apple tree was reportedly planted in 1647 by Peter Stuyvesant in his Manhattan orchard and was still bearing fruit when a derailed train struck it in 1866.
- Apples ripen six to ten times faster at room temperature than if they were refrigerated.
- A peck of apples weight 10.5 pounds.
- A bushel of apples weighs about 42 pounds and will yield 20-24 quarts of applesauce.
- Archeologists have found evidence that humans have been enjoying apples since at least 6500 B.C.

- The world's largest apple peel was created by Kathy Wafler Madison on October 16, 1976, in Rochester, NY. It was 172 feet, 4 inches long. (She was 16 years old at the time and grew up to be a sales manager for an apple tree nursery.)
- It takes about 36 apples to create one gallon of apple cider.
- Apples account for 50 percent of the world's deciduous fruit tree production.
- The old saying, "*An apple a day, keeps the doctor away.*" comes from an old English adage, "*To eat an apple before going to bed, will make the doctor beg his bread.*"
- Don't peel your apple. Two-thirds of the fiber and lots of antioxidants are found in the peel. Antioxidants help to reduce damage to cells, which can trigger some diseases.
- In 2005, United States consumers ate an average of 46.1 pounds of fresh apples and processed apple products!
- Sixty-three percent of the 2005 U.S. apple crop was eaten as fresh fruit.
- In 2005, 36 percent of apples were processed into apple products; 18.6 percent of this is for juice and cider, two percent was dried, 2.5 percent was frozen, 12.2 percent was canned and 0.7 percent was fresh slices. Other uses were the making of baby food, apple butter or jelly and vinegar.

- The top apple producing states are Washington, New York, Michigan, Pennsylvania, California and Virginia.
- In 2006, 58% of apples produced in the United States were produced in Washington, 11% in New York, 8% in Michigan, 5% in Pennsylvania, 4% in California and 2% in Virginia.
- In 2005, there were 7,500 apple growers with orchards covering 379,000 acres.
- In 1998-90 the U.S. per capita fresh apple consumption was around 21 pounds.
- In 2005, the average United States consumer ate an estimated 16.9 pounds of fresh market apples
- Total apple production in the United States in 2005 was 234.9 million cartons valued at \$1.9 billion.
- In 2006/2007 the People's Republic of China led the world in commercial apple production with 24,480,000 metric tons followed by the United States with 4,460,544 metric tons.
- In 2006/2007 commercial world production of apples was at 44,119,244 metric tons.
- Almost one out of every four apples harvested in the United States is exported.
- 35.7 million bushels of fresh market apples in 2005 were exported. That was 24 percent of the total U.S. fresh-market crop.
- The apple variety 'Red Delicious' is the most widely grown in the United States with 62 million bushels harvested in 2005.

- Many apples after harvesting and cleaning have commercial grade wax applied. Waxes are made from natural ingredients.
 - National Apple Month is the only national, generic apple promotion conducted in the United States. Originally founded in 1904 as National Apple Week, it was expanded in 1996 to a three-month promotional window from September through November.
 - On August 21, 2007 the Gold Rush apple was designated as the official Illinois state fruit. Gold Rush is a sweet-tart yellow apple with a long shelf life. The apple is also the state fruit of Minnesota, New York, Vermont, Washington and West Virginia.
 - Mild apple allergies are not uncommon. Experts believe that it's the birch pollen that's commonly found on the surface of a raw apple that causes a reaction, rather than a compound found inside the fruit.
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- Archeologists have found evidence that humans have been enjoying apples since at least 6500 B.C.
 - The apple tree originated in an area between the Caspian and the Black Sea.
 - Apple varieties range in size from a little larger than a cherry to as large as a grapefruit. There are apples that have an aftertaste of pears, citrus, cinnamon, cloves, coconut, strawberries, grapes and even pineapple!
 - 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 variety that was the cross pollinator.

- Fresh apples float because 25% of their volume is air.
- Other uses include the making of baby food, apple butter or jelly, and vinegar.
- The apple is the official state fruit of Rhode Island, New York, Washington, and West Virginia. The apple blossom (*Pyrus coronaria*) is the official state flower of Arkansas.
- The apple is sometimes called "nature's toothbrush" because they help clean the teeth and massage the gums.
- A really good apple squirts juice when you take the first bite.
- The story of Johnny Appleseed is a true legend.
- About 40% of the apple crop is used for processing.
- Processing apples are made into applesauce, cider or juice, canned or frozen apple slices, apple butter, apple jelly, cider vinegar, and other products.
- About 46% of the apples grown are Jonathan, 32% Red Delicious, 10% are Golden Delicious, 5% are Gala apples, and the other 7% are other cultivars such as Rome, Empire, Fuji, Wine Sap, and Paula Red.
- Apples are the most varied food on the planet, with more apple varieties on record than for any other food.
- Granny Smith apples originated in Australia in 1868 accidentally after a chance seedling by a woman named Maria Ann Smith.
- Apples were taken to North America by European settlers.

- . The apple harvest averages about 10 billion apples each year, enough to circle the Earth 209 times!
- . Apples are convenient; the original "fast food" which can be eaten fresh, sliced, dipped, dried, or processed as sauce, juice and cider.
- . Horses, monkeys, chimps, bears, raccoons and rabbits all love to eat apples.
- . Apples were native to Central Asia.
- . Apple trees have a life of over 100 years.
- . During the colonization of Native Americans by Europeans, apples were called winter banana or melt-in-the-mouth.
- .. Apples are cholesterol-free, sodium-free and fat-free!
- . Apple trees only bear fruits after they reach 5 years of age.
- . In the Chinese culture, the word for apples is pronounced as "ping" which also stands for peace. This is why apples are a popular gift to give when visiting someone in China.
- . The average apple has 10 seeds.
- . Isaac Newton is said to have discovered the Law of Gravity when an apple fell on his head!
- . The average apple tree is over 40 feet tall.
- . Dwarf apple trees have become very popular, because their smaller heights make them easy to prune the branches and pick the apples.
- . The McIntosh apple is the national apple of Canada.
- . It is generally agreed that apples originated from Kazakhstan.

- . It takes about 36 apples to create one gallon of apple cider.
- . Freshly pressed apple juice immediately turns brown upon contact with air because of oxidation.
- . To prevent fresh apple juice from turning brown, add a few squeezes of lemon juice or lime juice. This helps prevent oxidation.
- . Italy is among the top 5 producers of apples.
- . The Macintosh apple was Jef Raskin's favorite apple and the reason why Apple Computers are called Macs.
- . Apples have been called "brain food" because they contain high levels of boron, which stimulates electrical activity in the brain and increases mental alertness.
- . The Turkish people eat the most number of apples per person in the world.
- . Turkey is among the highest producers of apples in the world.
- . The Roman Goddess Pomona is the goddess of apples.
- . An apple tree will start bearing fruit anywhere from 5-10 years after it is planted.
- . A dwarf apple tree starts bearing fruit in only 3-6 years.
- . As stated above, apples are members of the rose family of plants. Pears, peaches, plums and cherries are also part of this family.
- . Apples come in all shades of red, yellow and green.
- . A medium apple has about 80 calories in it.
- . Throughout the world, apples continue to be picked by hand.

- . In 1730 the first apple nursery was opened in Flushing, New York.
- . The word apple comes from the Old English word Aepple.
- . China produces more apples than any other country.
- . The Adam's apple is so-called because of a popular idea that it was created when the forbidden fruit got stuck in Adam's throat when he swallowed it.

And since I live in Michigan, here are some specific apple facts from our state.

Apples are one of Michigan's largest and most valuable fruit crops, with an average annual economic contribution to the state of \$700-\$900 million.

- . Michigan is the 3rd largest apple-producing state in the nation, behind Washington and New York.
- . In 2013, Michigan is expected to harvest 30 million bushels of apples. Average apple harvest is about 19.7 million bushels (828 million pounds) per year.
- . Michigan has more than 9.2 million apple trees in commercial production, covering some 36,500 acres.
- . Newer orchards are trending to high-density planting (up to 600-1,200 trees per acre) that come into production quickly and bring desirable varieties to market quickly.
- . While Michigan is best recognized for its fresh apples in Autumn, the state's fresh apples are typically shipped from mid-August all the way through the following June.

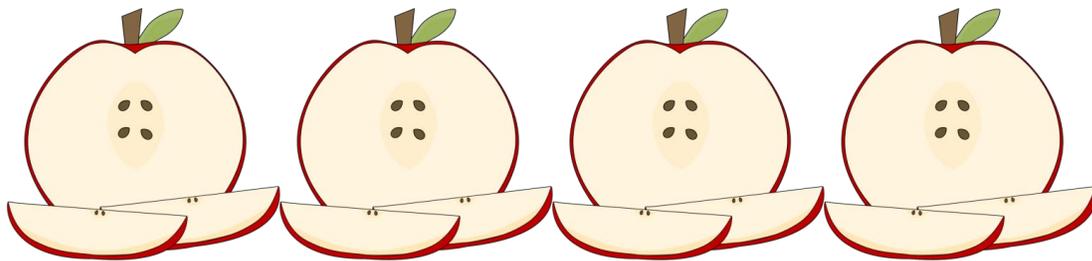
following precise storage in controlled atmosphere chambers.

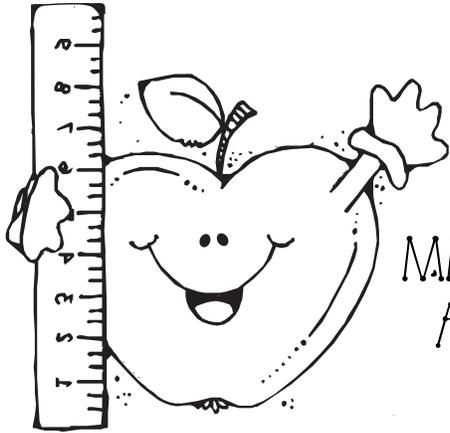
- About 40 percent of all Michigan apples are sold ready to eat. The remaining 60 percent are processed into other products, including fresh-cut slices, fresh and shelf-stable apple cider and applesauce. Michigan apples comprise the bulk of all apple slices used in commercially prepared apple pies.

- There are 850 family-operated farms throughout Michigan's Lower Peninsula. Small family farmers operating their own orchards continue to dominate the landscape. According to statistics, 65 percent of Michigan orchards had fewer than 200 acres in apples.

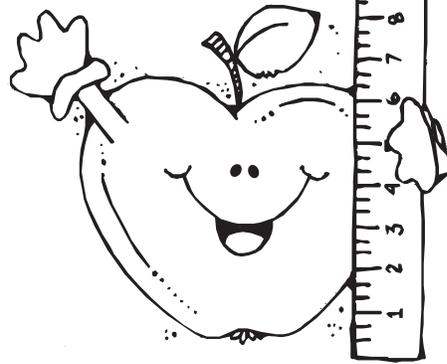
- The Michigan Honeycrisp is my personal favorite. It is continually the overwhelming favorite in taste tests.

This Fact List was generated by reading a lot of Internet sites about apples.





MMM MMM delicious!
Apples Measure Up!



Apple Weights

1 pound = 3 medium apples =

2 cups sliced

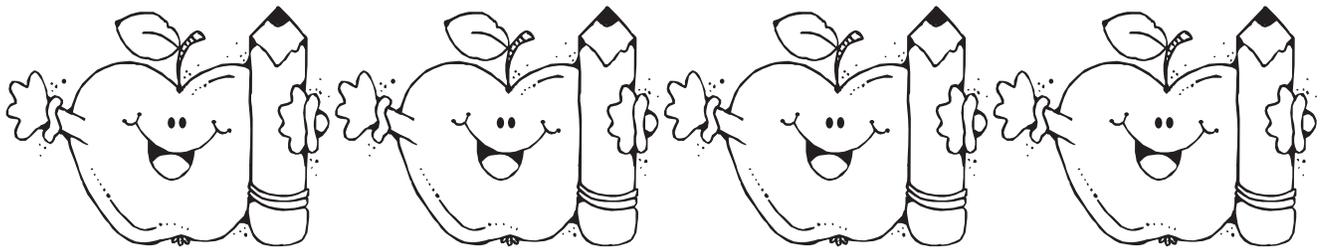
3 pounds = 8-9 medium apples = one 9 inch pie

1 peck = 10-12 pounds = 32 medium apples = 3-4 9 inch pies =

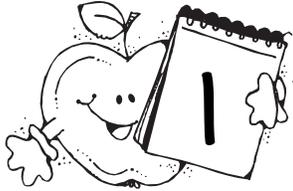
7-9 quarts frozen = 4 quarts canned

1 bushel = 42-48 pounds = 126 medium apples = 15 9 inch pies =

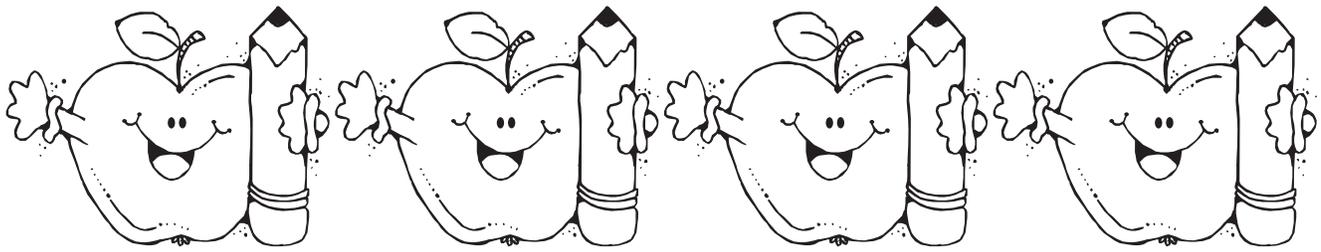
30-36 pints frozen = 16-20 quarts canned.



The fact that I found most interesting was:

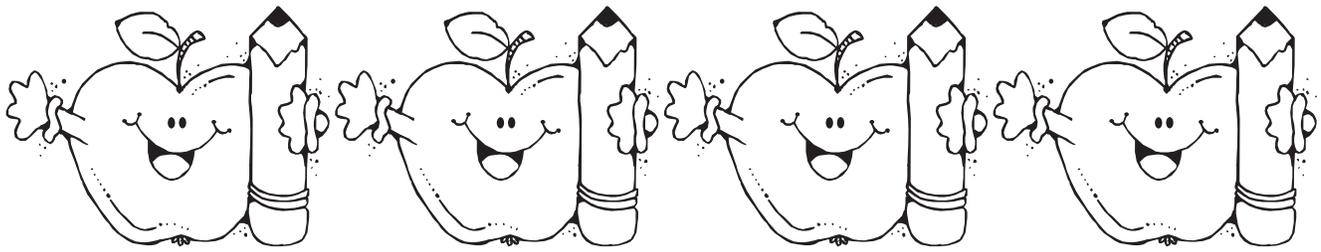


I like this fact because...



The 3 facts that I found most interesting were:





The 5 facts that I found most interesting were:

