

Apples



Apple Facts

- One apple has 5 grams of fiber, which provides 20% of the daily fiber recommendation.
- Apples are part of the rose family and grow in every state in the US.
- In one year, an apple tree produces 840 pounds of apples, which is equal to about 20 bushels.
- There are over 7,000 varieties of apples grown throughout the world.
- Apples can be red, green or even yellow in color.
- If you cut an apple across the middle from side to side, you'll see a star shape. These seed pockets are called carpels.
- You can reduce the fat and calories in baked goods by substituting equal parts of applesauce for butter, shortening or oil.
- Prevent freshly cut apples from turning brown by dipping them in a solution of lemon, orange or pineapple juice and water. Use 1 part juice to 3 parts water as a dipping mixture.
- Apples float because 25% of their volume is air.
- John Chapman, also known as Johnny Appleseed, planted apples all over the North East in the early 1800's.
- The oldest variety of apple known to New Jersey is the Winesap, planted in the late 1700's. It is a slightly tart and delicious all-purpose apple. It can be eaten raw, cooked or baked.
- There are over thirty varieties of apples grown in New Jersey including Braeburn, Golden & Red Delicious, Fuji, Gala, Jonagold, Rome Beauty, Granny Smith, Winesap, McIntosh, Pink Lady, Cameo, York, Ginger Gold, Jonathan and many more.

