

Facts Page

Let these apple facts help enhance your lesson. For more pumpkin facts, see the Pumpkin Pumpkin lesson in this curriculum.

One of the most popular quotations of the 19th century was “An apple a day keeps the doctor away.” Before the 20th century, there was no food pyramid and no one to announce the importance of five servings of fruits and vegetables each day. People simply recognized the healthy attributes of the apple. The apple’s history is remarkably intertwined with man’s – it was author-naturalist Henry David Thoreau who wrote, “It is remarkable how closely the history of the apple tree is connected with that of man.”

Many children have heard the tale of America’s beloved Johnny Appleseed. As the story goes, Johnny Appleseed – who was really John Chapman, from Massachusetts—decided to travel the country barefoot, tossing seeds randomly to create a country filled with apple trees. The real John Chapman did love apples, learned about their cultivation and started many apple nurseries that stretched from New England to Ohio.

Apples are one of the most popular fruits in the world. Today there are at least 7,500 different varieties, each with different attributes. Apples are grown in all 50 states. Sixty-one percent of U.S. apples are eaten as fresh fruit. The apple variety “Delicious” is the most widely grown in this country. Americans each eat about 65 fresh apples each year. A bushel of apples weighs about 42 pounds, and will yield 20 to 24 quarts of applesauce! It takes about 36 apples to make one gallon of apple cider.

Nutritional benefits: Unpeeled apples provide their most plentiful nutrients just under the skin. Apples are a good source of potassium, folic acid and fiber. The form of the apple affects how much fiber it contains – a fresh apple with its peel has 3.7 grams of fiber, without its peel has 2.4 grams of fiber, 1/2 cup of applesauce has only 1.5 grams of fiber, and 3/4 cup apple juice has only 0.2 gram fiber.

Preparation: Always wash apples thoroughly before eating or cutting. To prevent cut apples from turning brown from oxidation, toss them with citrus juice. This will keep them fresh-looking and appetizing.

