

Fun FACTS

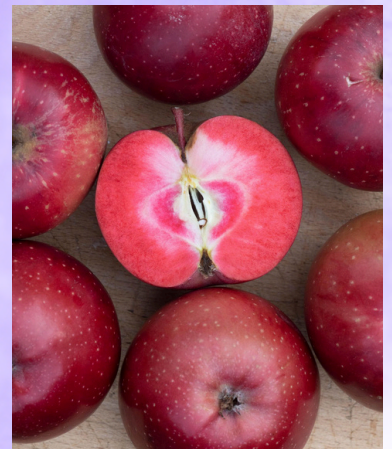
There are over
7,500 varieties of
apples!



Apples come in various shades of red, yellow, green, pink, or even maroon!



The inside, or flesh, of an apple can also come in different colors like white, red, green, yellow, or pink!



Apples are members of the rose family!



Don't eat apple seeds, they are actually poisonous to humans! But you have to eat a lot of them to get sick!



Apple trees can live to be well over 100 years old!



**LOCAL FOODS
HEALTHY SCHOOLS**
FARM TO SCHOOL

Cornell Cooperative Extension
Schoharie and Otsego Counties



Isaac Newton supposedly came up with his theory on gravity after he saw an apple fall from its tree.

Fun FACTS

Different kinds of apples can vary in size from as small as a cherry to as big as a grapefruit!



Apples originated in Central Asia! Archeologists have found evidence that humans have been eating apples since 6,500 BC!

Apples float in water because they are 25% air! Have you ever bobbed for apples?



Apples were a symbol of love and beauty in Ancient Greece!



Apples are the official fruit of 6 different states, including New York!



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World's BIGGEST



The biggest apple in the world was grown in Japan in 2005, and it weighed just over **4 pounds!**



China is the world's leading producer of apples, they produced over **52 million tons** of apples in 2022! The United States was ranked the third highest producer that year, we produced over **4.8 million tons** of apples!





Need To KNOW



Growing

An apple tree has to grow for 4-5 years before it will start producing fruit, sometimes longer!

Apples can help prevent cavities! Their fibrous texture helps to scrub plaque and food particles off your teeth while you eat them!

Green apples are healthier than red apples because they contain less sugar. That's why they can sometimes taste sour!

Health Facts



Apples are nutrient dense, with high amounts of fiber, vitamin C and antioxidants!



Ways to Eat

Different varieties of apples can have different purposes. Some are best for eating raw while other are best for baking, cooking, or pressing into cider!

