



WASH. EAT.
(how easy is that?)



¹Hello there, it's me **Anthony Apple**

I'm a Red Delicious type of apple and I am one of America's most popular fruits. You know, there are lots of other popular varieties I think you'll like too: Gala, Golden Delicious and Granny Smith to name a few. They all taste different and come in many sizes, colors and flavors -- make sure you try them all!

Facts

Apples are a member of the rose family.

Apples are high in fiber.

There are more than 7,000 varieties of apples grown in the world.

The most popular variety in the United States is the Red Delicious.

The apples from one tree can fill 20 boxes every year. Each box weighs 42 pounds.

Fresh apples float because 25 percent of their volume is air.

Americans eat an average of 18 pounds of fresh apples each year.

History

I am very old. I was mentioned in the Bible and in the history of ancient nations.

It is believed that apples were grown in Neolithic times. They were known to ancient cave dwellers.

About 5,000 years ago, apples were gathered and stored.

The Egyptians and Romans introduced apples to Britain.

Early Americans brought apple seeds from Europe and planted trees in Massachusetts and Virginia. John Chapman became known as Johnny Appleseed because he planted apple seeds wherever he went.

Sources:

Dole 5 A Day. www.dole5aday.com

Encyclopedia of Foods: A Guide to Healthy Nutrition. Dole Food Company: 2002.



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Where Grown

Washington state is the top producer of apples. Other states that produce apples for the marketplace include New York, California, Michigan, Pennsylvania and Virginia.

Most apples brought into the United States come from Canada, but they might come from as far away as New Zealand.

Types

A few popular types of apples are the Red Delicious, Golden Delicious, Granny Smith, Gala, and Braeburn. However there are many more types of apples that are good for eating and cooking with. So check out the Dole 5 a day Web site for information on all types of apples. www.dole5aday.com

Red Delicious apples are mild, sweet and juicy. They are America's favorite snacking apple. They are great fresh, in salads, when used as garnishes or in fruit trays.

Golden Delicious apples have a rich mellow flavor and a tender skin. They are considered the preferred "all purpose" cooking apple, because they retain their shape and taste rich when baked or cooked. These apples are wonderful for salads and fresh eating. They also are considered the best apple choice for cider.

Granny Smith apples are tart and crisp. They are excellent for salads and fresh eating. Their tangy flavor comes through when baked and sautéed.

Gala apples are sweet, aromatic and have a rich full flavor. They are best used fresh out of hand or in salads. They are just the right size to tuck into a pocket or purse.

Braeburn apples have a wonderful blend of tart and sweet flavors. They are aromatic, crisp and juicy.

Nutrients

- Good source of pectin, a soluble fiber that helps reduce blood cholesterol
- A good source of vitamin C

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