

# **Apple Facts**

## **30 great apple facts to get you thinking!**

- 1. The average size of a United States apple orchard is 50 acres.**
- 2. There are approximately 7,500 varieties of apples grown throughout the world.**
- 3. The crabapple tree is the only apple tree native to North America.**
- 4. The apple was brought to the United States by the Pilgrims in 1620.**
- 5. Americans eat an average of 18 pounds of apples per year.**
- 6. The apple tree originated in an area between the Caspian and the Black Sea.**
- 7. It takes about 36 apples to create one gallon of apple cider.**
- 8. Apples are a member of the rose family.**
- 9. The top apple producing states are Washington, New York, Michigan, Pennsylvania, California and Virginia.**
- 10. The largest apple picked weighed 3 pounds.**
- 11. Most apples are still picked by hand in the fall.**
- 12. Apple varieties range in size from a little larger than a cherry to as large as a grapefruit.**
- 13. Apple trees take four to five years to produce their first fruit.**
- 14. The science of apple growing is called pomology.**
- 15. Two pounds of apples make one 9-inch pie.**
- 16. Sunlight causes a chemical reaction in the sugars of apples. This is why they change colors.**
- 17. Apples are a great source of fiber, containing 5 grams. Most of the fiber is in the peel.**
- 18. Apples contain Vitamins A, C, B6, and B12, along with thiamin and niacin.**
- 19. Apples were the favorite fruit of the ancient Greeks and Romans.**
- 20. Archeologists found evidence that humans have enjoyed apples since at least 6,500 B.C.**
- 21. The GoldRush apple, a sweet-tart yellow apple, is the Illinois State Fruit.**
- 22. Apples are fat, sodium and cholesterol free.**
- 23. Apple trees are difficult to grow from seeds. Therefore, most trees are grafted to produce a new tree.**
- 24. Red Delicious apples are the most widely grown in the United States.**

- 25. In 1730, the first apple nursery was opened in Flushing, New York.**
- 26. Don't peel your apple. Two-thirds of the fiber and many antioxidants are found in the peel. Antioxidants help to reduce damage to cells, which can trigger some diseases.**
- 27. Fresh apples float because 25% of their volume is air.**
- 28. Of the 2,500 varieties of apples grown in the United States, 100 varieties are grown commercially.**
- 29. The world's largest apple peel was created by Kathy Wafler Madison on October 16, 1976, in Rochester, New York. 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.**
- 30. World's top apple producers are China, United States, Turkey, Poland and Italy.**