ALL ABOUT APPLES

WHAT IS AN APPLE?

An apple is a fruit that grows on trees. It is one of the most popular fruits in the world. Apples come in different colors, mainly red, green and yellow.
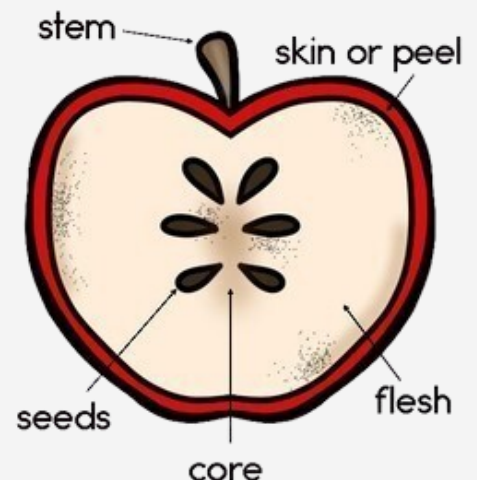
WHERE DO APPLES GROW?

Apple trees grow in orchards, which are large areas of land where many trees are planted. The United States is one of the top apple producers. Most apples are grown in Washington and New York.

HEALTH BENEFITS OF APPLES

Apples are very healthy! They are a good source of fiber and vitamin C. Apples are low in calories.

An apple a day keeps the doctor away!

YUM!

Nutrition Facts	
Portion Size	**125 g**
Amount Per Portion	
Calories	**65**
	% Daily Value *
Total Fat 0.2g	**0 %**
Sodium 1.3mg	**0 %**
Total Carbohydrate 17g	**6 %**
Dietary Fiber 3g	**11 %**
Sugar 13g	
Protein 0.3g	**1 %**
Vitamin D 0mcg	0 %
Calcium 7.5mg	1 %
Iron 0.2mg	1 %
Potassium 134mg	3 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice.

Parts of an apple

stem — skin or peel

seeds

core

flesh

delicious!

APPLES IN SOUTH DAKOTA

South Dakota has apple orchards, with popular varieties like Honeycrisp and Zestar. The apple picking season typically runs from mid-August to late October.

POPULAR TYPES OF APPLES

- Red Delicious: Bright red and sweet.
- Granny Smith: Green and sour, great for baking.
- Gala: Red and yellow stripes, very sweet.
- Fuji: Crisp and juicy, with a mix of sweet and tangy flavors.

FUN FACTS

- There are over 7,500 different types (called varieties) of apples worldwide!
- Apples are a part of the rose family, the same family as roses and pears.
- Apples float in water because they are made up of 25% air!
- The science of growing apples is called pomology.
- The average apple tree can live for over 100 years.
- The world's largest apple ever grown weighed 4 pounds!
- South Dakota Ben is an apple variety introduced in 1938.
- Anoka apple was introduced before fruiting in SD in 1918.

Farm to School
SOUTH DAKOTA