

Commodity Fact Sheet

Apples

Information compiled by the California Foundation for Agriculture in the Classroom

How Produced – Grafting, a horticultural technique that joins two plant structures together, is the first step in apple production to ensure that rootstock and varieties will bare fruit. Once planted, it takes four to five years for the tree to produce the first fruit and will produce fruit for up to 100 years. Most apple varieties are self-sterile, meaning they are unable to pollinate themselves and thus rely upon cross-pollination. The most commonly used pollinator is crab apples (also known as wild apples) in which pollination takes place in the spring, when trees are in blossom. Once pollinated, blossoms fall to the ground and small apples begin to grow in the blossom's place.

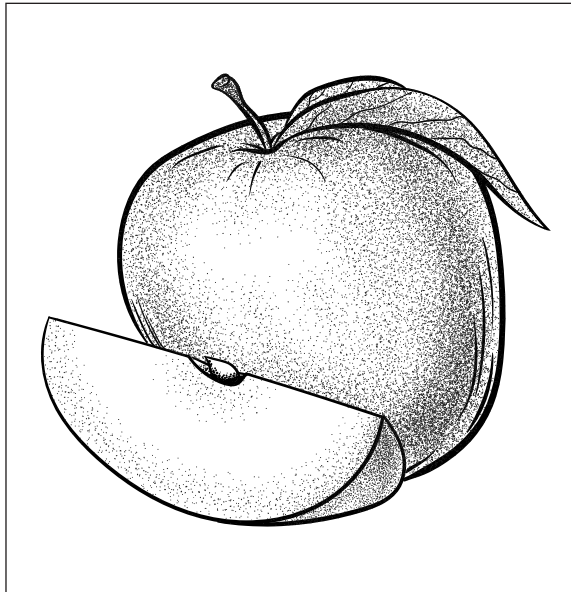
During spring and summer, apple trees require frequent watering. Apple trees can tolerate a great deal of heat if they have sufficient water. The apple crop is harvested by hand in the fall. To insure crop production for the following year, trees must be pruned yearly in the winter to promote new vegetative growth.

History – The first documented history of apples dates back to 300 B.C. in the Persian Empire, where the cultivation and enjoyment of apples was an essential part of civilized life. In the 1400s apples were rediscovered and in the 1500s regained popularity again as a common commodity. During this time, European settlers of the Americas brought with them their English custom varieties, and the first apple orchard was planted in America. William Blackstone was the first pilgrim to plant apples trees grown in the United States in the Massachusetts Bay Colony in 1629.

In the early 1800s, stories began circulating about John Chapman, better known as Johnny Appleseed, who traveled across the Ohio Valley carrying bags of apple seeds. Venturing westward, he planted seeds and grew apple trees wherever he roamed to ensure that settlers living in the western frontier would have nutritious apples to eat. Apples have a place in more recent history, too. In 1962, the first American to orbit the Earth carried pureed applesauce to consume during the flight.

Varieties – The apple, scientifically known as *Malus domestica*, is a member of the rose family. California has almost 13,000 acres dedicated exclusively to apple

production. California grows four main varieties: Gala, Fuji, Granny Smith, and Cripps Pink. Within the United States, roughly 2,500 varieties of apples are grown. The top 10 apple varieties grown within the United States are Red Delicious, Golden Delicious, Fuji, Granny Smith, Rome Beauty, McIntosh, Idared, Jonathan, Gala, and York Imperial.



Commodity Value – The United States' 7,500 apple producers grow approximately 240 million bushels of apples each year on 322 thousand total acres of land. The wholesale value of the United States apple crop is approximately \$4 billion annually. Worldwide, the United States ranks second to China in apple production. California ranks fourth in U.S. apple production, generating 12% of the national apple crop which is approximately 1.5 to 2.5 million (40lb.) boxes of apples per year. Seventy-five percent of

the apples produced in California will be shipped domestically and 10% to 15% are exported. Canada, Malaysia, Mexico, Taiwan, and Panama are five of the 27 global destinations California exports to.

Top Producing Counties – There are five major regions in which apples are grown in California. Historically, apple production was limited to the coastal mountains, the Sierra foothills, and in the Southern California mountains. Recently apple production has expanded into the Central Valley with new plantings of Granny Smith, Fuji, Gala, and other varieties. Important coastal apple producing counties are Sonoma, Santa Cruz, and San Luis Obispo. The major apple production areas are in the San Joaquin Valley with Kern, Fresno, San Joaquin, and Madera counties being the leading producers.

Nutritional Value – One medium-sized apple provides 20% (five grams) of the daily requirement for dietary fiber, 8% of the daily requirement for vitamin C, and is a healthy source of potassium. One apple has approximately 80 calories and contains no fat, cholesterol, or sodium.

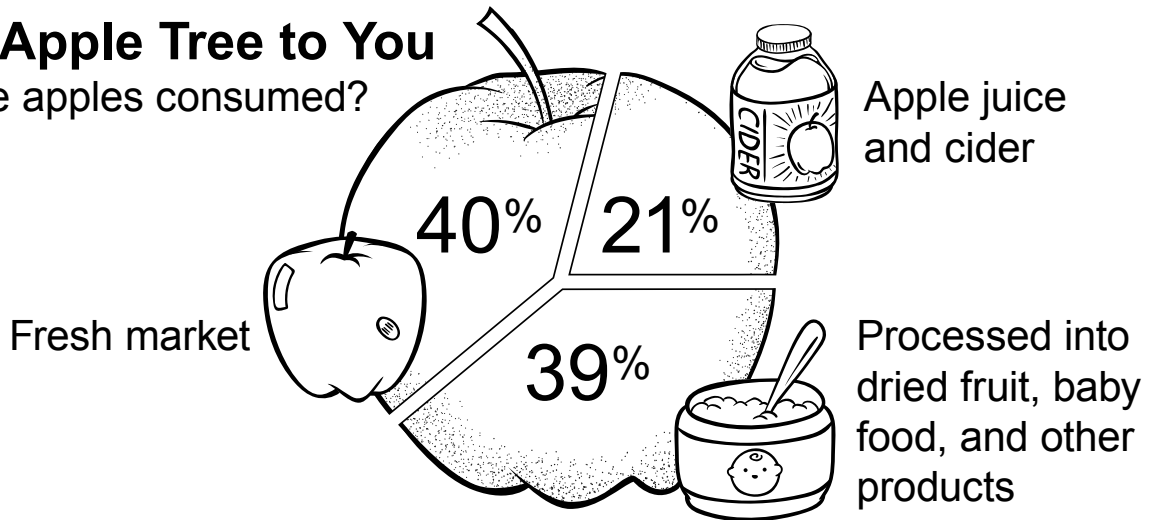
For additional information:
California Apple Commission
Phone: (559) 225-3000
Website: calapple.org



Apples Activity Sheet

From Apple Tree to You

How are apples consumed?



Lesson Ideas

- Dissect and examine the anatomical parts of an apple. Observe and identify the function of each structure.
- Research and explain the aphorism “an apple a day keeps the doctor away” using nutritional information.
- Observe and practice various grafting techniques used to grow apples.
- Compare hand and machine harvesting methods. Invent a harvesting machine for apples.
- Perform experiments that show the different methods of preserving apples.
- Research and determine what the top ten apple varieties are and why they are most popular amongst consumers.
- Calculate the percentage of water weight in apples by dehydrating the fruit.
- Sprout an apple plant from a seed.

Fantastic Facts

1. The crabapple is the only apple native to North America.
2. Apples are propagated by two methods: grafting or budding.
3. The apple variety “Red Delicious” is the most commonly grown apple variety worldwide.
4. Apples are a member of the rose family.
5. Twenty-five% of an apple’s volume is air, which makes it naturally buoyant.
6. It takes the energy from 50 leaves to produce one apple.
7. World’s top apple producers are China, United States, Turkey, Poland, and Italy.
8. Archeologists have found evidence that humans have been enjoying apples since 6500 B.C.
9. Apples account for 50% of the world’s deciduous fruit tree production.
10. Two-thirds of an apple’s fiber and antioxidants are found in the peel.

Lesson Plan: Sugar or Starch

Introduction: Apples naturally contain starch also known as carbohydrates. When an apple begins its ripening process, starches are converted into sugar. This conversion process starts at the core of the apple and moves outward toward the skin. To check the ripeness of the apple an iodine test can be used to identify the amount of starch present.

Objective: Students will investigate the ripening process of apples by conducting an iodine experiment.

Standards: NGSS: 4-LS1-2, 3-5-ETS1-3; CC ELA: L.W.4-5.7

Materials: Variety of apples, iodine tincture, nitrile gloves, safety goggles, paintbrush, knife, paper plates or towels

Procedure:

1. Safety note: Iodine tincture is a hazardous material and should be handled with care. Wash hands after use and avoid contact with the eyes and skin.
2. Place individual, whole apples on labeled plates (1, 2, 3, 4,

etc.) and instruct students to observe each apple’s size, color, texture, and firmness. Have students hypothesize, based on their previous knowledge, which apples are at peak ripeness.

3. Cut apples in half, displaying both sides of the apples on each labeled plate. Have students observe each apple’s internal characteristics.
4. With the paintbrush, evenly apply iodine across the cut surface of each top apple half. Let the apple sit for two minutes. Leave the other apple half untouched as a control to compare changes in each apple.
5. Observe the surfaces of the apples. Large amount of purple indicates high starch/low sugar. Little to no purple indicates low starch/high sugar.
6. Place apples on a continuum from least to most ripe. Make concluding observations.
7. Write a conclusion paragraph on your experimental findings.