

Data Sheet: Apple Tree (Apple)

Apples are sweet, edible fruits produced from apple trees. They are an important food in many cultures. Apple trees originated in central Asia, where you can still find its wild ancestor. They have been cultivated for thousands of years in Asia and Europe, and were introduced to North America by early European colonists.

Today, there are more than 7,500 known varieties of apple trees. They vary in the type of fruit they produce, the size of the tree, and even the type of climate in which the tree can grow.

One apple tree can produce 10 bushels per year. There are about 125 apples in a bushel. Different varieties of apples are bred for different tastes and uses. The main uses for apples include eating them raw, cooking, and for cider production. Apples mature in the late summer and autumn months. While different varieties grow to be different sizes, commercial farmers aim to grow apples that are 2¾–3¼ inches in diameter because that is what consumers prefer.

Why is an apple on the lunch tray?

Apple

Nutrition Facts	
Serving size	1 medium apple (154g)
Calories 80	
% Daily Value*	
Total Fat 0g	0%
Saturated Fat	
Trans Fat	
Cholesterol 0g	0%
Sodium 0g	0%
Total Carbohydrates 22g	7%
Dietary Fiber 5g	20%
Total Sugars 16g	
Protein 0g	0%
Vitamin A	2%
Vitamin C	8%
Calcium	0%
Iron	2%
Potassium 170mg	5%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a human's daily diet. 2,000 calories a day is used for general nutrition advice.	

Apples are a great tasting fruit that has a long shelf life. Commercially, apples can be stored for several months in controlled chambers to delay ripening.

For home storage, most varieties of apples will keep for 2 weeks in the coolest part of the refrigerator. Granny Smith and Fuji apples have more than three times the storage life of other varieties.

Apples are also a great food because most of an apple, including the skin, is suitable for human consumption. The core, from stem to bottom, containing the seeds, is usually not eaten.

A raw apple is 86% water and 14% carbohydrates. A serving of raw apple with skin weighing 154 grams provides 80 calories and a moderate amount of dietary fiber. There are very few micronutrients found in apples.

Understanding and caring for apple trees

It is important for a farmer to know the needs of apple trees to successfully keep the trees healthy, strong, and producing the maximum number of fruit each year. While there are different size apple trees, standard apple trees should be planted in well drained soil 26–30 feet apart, for a total of 85 trees per acre. While apple trees require water in order to help them grow their roots they should not be in standing water.

Apple trees are deciduous trees; they drop their leaves in the fall. During the spring and summer months, apple trees need plenty of sunlight in order to transfer energy from the sun to help supply carbohydrates to the rest of the plant as well as the fruit. In order for apple trees to produce fruit they need pollinators like honey bees to carry pollen from different apple tree varieties in an orchard in order to cross-pollinate the flowers on the apple tree.



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