



APPLES

What is It?

- Washington grows more apples than any other state in the United States with popular varieties like Gala, Red Delicious, Granny Smith, and Honeycrisp.
- Cosmic Crisp apples were developed by Washington State University and are exclusively grown in Washington state.
- Apples originated in the Tien Shan mountains of Kazakhstan and spread along the Silk Road as travelers discarded seeds.
- Crabapples are the only apples native to North America.
- Modern apples are typically grown from grafts, but early American apples grew mostly from seedlings.
- Johnny Appleseed (John Chapman) spread apple tree seedlings across the East and Midwest in the early 1800s.



Grow It

- Planting the seed from your favorite apple variety will not grow that same variety and will likely produce apples that are bitter. To get a desired variety of apple (like Gala or Honeycrisp), trees are grafted. This is a special technique that involves taking a branch from the desired variety and attaching it to a rootstock, which is the lower stem portion of another tree. The branch will eventually grow into the rootstock to form a new tree.
- To grow apples, more than one variety must be planted near each other so that the pollen from their flowers can mix, allowing fruit to develop. This process is called pollination. Purchase one-year old trees of different varieties that possess multiple branches and are certified to be disease resistant. Plant in early spring, allowing 35-45 feet of growth space for standard-size apple trees, less for dwarf varieties.
- Apple trees are an excellent long-term option for schools. Maintenance is minimal and the fruit is in season during the school year.



Apples in Walla Walla, credit: WSDA



Make It

Recipe: Easy Applesauce
Yield: 4 6 servings

Ingredients	Directions
<ul style="list-style-type: none">• 4 medium apples• 1 cup water• 1/4 teaspoon cinnamon• 1/8 teaspoon nutmeg	<ol style="list-style-type: none">1. Core, peel, and slice apples. Leaving the peel on will result in chunkier applesauce and will retain more nutrients and color.2. Place apples in pot.3. Add water, cinnamon, and nutmeg.4. Bring to a boil and let simmer until mushy.5. Let children use a masher to mash up the apples into a sauce.6. Set aside and let cool.7. Serve warm or chilled.

This recipe was adapted from adapted from Harvest for Healthy Kids.



Apples in Grant County, credit: WSDA



Make It

Recipe: Apple 'N' Cabbage Slaw
Yield: 4 servings

Ingredients	Directions
<p>Dressing:</p> <ul style="list-style-type: none">• 2 tablespoons vegetable oil• 2 tablespoons honey• 2 tablespoons apple cider vinegar• Juice of one lime (about 1 Tbsp)• Salt & pepper to taste• Optional: Dash of cayenne <p>Salad:</p> <ul style="list-style-type: none">• 2 cups shredded red cabbage• 1 cup shredded green cabbage or lettuce• 1 1/2 apples (recommended: golden variety)• 2 shredded carrots (about 1 cup)• 3 green onions• 1-2 tablespoons cilantro, or more to taste	<ol style="list-style-type: none">1. Add oil, honey, apple cider, lime juice, salt, pepper, and cayenne to small jar or bowl.2. Shake or whisk dressing until well combined. Set aside.3. Add shredded cabbage or lettuce to a large mixing bowl.4. Grate the carrots using a big-holed grater.5. Add grated carrot and sliced green onions to the mixing bowl.6. Finely chop a small handful of cilantro and add it to the mixing bowl.7. Cut the apples into thin match-sticks, and add it to the mixing bowl.8. Toss ingredients together.9. If the dressing has separated, give it another stir or shake then drizzle over the salad and toss well until everything is coated in the dressing.10. Chill until serving.

This recipe was adapted from adapted from [Picture the Recipe](#).



Eat It

The saying “an apple a day keeps the doctor away” has truth to it. Apples are a good source of fiber, which is important for maintaining a healthy heart and digestive system and regulating blood sugar. They also contain vitamins and minerals like vitamin C, which helps with healing, keeps skin and gums healthy, and supports immune function, and potassium, an electrolyte that helps build muscle and keeps your heart healthy. Most of the apple’s nutrients are located just below the skin and are removed when peeled.

Read It

- [Apples](#), by Gail Gibbons
- [Apples for Everyone](#), by Jill Esbaum
- [How do Apples Grow?](#) by Jill McDonald
- [Amelia Bedelia’s First Apple Pie](#), by Herman Parish
- [How to Make an Apple Pie and See the World](#), by Marjorie Priceman
- [Johnny Appleseed](#), by Lori Haskins Houran

Play It

Enjoy the activity on the next page from Oregon Food Hero.

Find It

- Washington apples are available at many grocery stores. Check the product label or shelf tag to see where a product is grown. They are also commonly found at Washington state’s many farmers markets, farm stands, and other local markets, during the fall and early winter.
- Apples without bruises or soft spots will stay fresh for up to seven days at room temperature or a few weeks to months in the refrigerator, depending on the variety. For best storage quality, they should be stored in a plastic bag with ventilation holes. Spoiled apples will cause others to go bad, so throw away any that are badly bruised, leaking, or have visible mold growth. Always wash apples before preparing or eating them.
- Search for local farms and markets that sell Washington-grown apples here: [Washington Food & Farm Finder - Eat Local First](#)
- Find a farmers market near you here: [Find a Farmers Market - Washington Farmers Market](#). Many farmers markets and vendors accept WIC Farmers Market Nutrition Program, WIC Fruit and Vegetable Benefit, SNAP, and SNAP Market Match.



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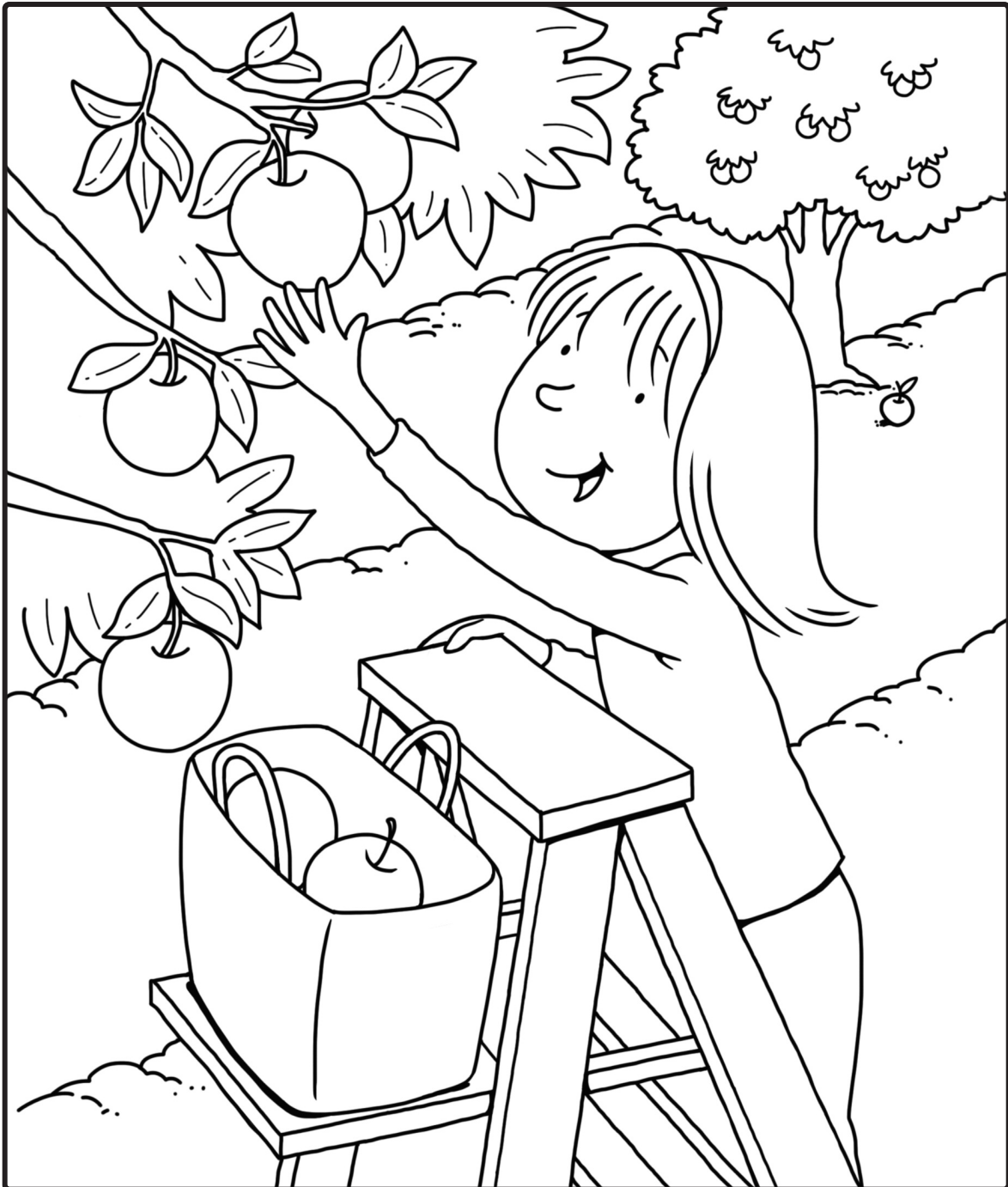
**Regional
Markets
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SNAP-Ed

Name _____

Apples



I like apples because _____



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