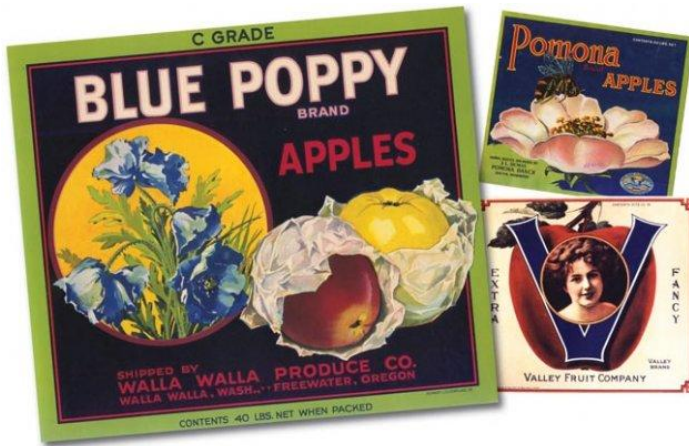


Harvest of the Month

Apples



Washington State grows many more apples than any other state in the US. 60% of US apples are grown in Washington followed by New York and Michigan each growing 9%.

All about Apples

History

Walla Walla County is credited with having the first commercial apple orchard in Washington. It was planted in March 1859 by Clark Ransom. He reportedly left Portland, Oregon with eight boxes of baby apple trees which he planted on his land in Walla Walla County.

Apples have existed for the length of recorded history and are believed to have originated in a mountainous area between the Black and Caspian Seas.

Through the rise of Greece, and migrations to Rome and Europe, apples were cultivated and disseminated throughout various cultures.

The fruit remained popular in Europe well into the 1800s, when European settlers brought apples with them to the Americas to share the cultivation and traditions.



Why eat Apples?

- Apples are an excellent source of fiber. One medium apple provides 5 grams of fiber. Fiber helps reduce cholesterol and aids in digestion.
- Apples are thirst quenching because they contain 85% water. They are a perfect snack because their natural sugars provide quick energy, while the bulky pulp makes the eater feel full.
- The old saying, "An apple a day, keeps the doctor away." comes from an old English adage, "To eat an apple before going to bed, will make the doctor beg his bread."
- Don't peel your apple. Two-thirds of the fiber and lots of antioxidants are found in the peel. Antioxidants help reduce cell damage, which can trigger some diseases.

Types of Apples

- 7,500 varieties of apples are grown throughout the world.
- 2,500 varieties of apples are grown in the United States, but only 100 varieties are grown commercially in the United States.
- Try many apples grown locally to find your favorite.

Fuji,



Gala,



Pink Lady,



Braeburn,



Cameo,



Golden Delicious,



Granny Smith,



Jonagold,



Red Delicious



Rome

