

Check Out The Many Faces Of Apples!

freshpick
for better health



Apples are the most varied fruit on the planet, with more varieties on record than any other food. With a list of more than 7,500 varieties discovered worldwide, each apple variety has its own unique flavor, color and uses.

Apples have existed for the length of recorded history. They are believed to have originated in the Caucasus, a mountainous area between what is now the Black and Caspian Seas. One of the first varieties believed to be documented was The Lady apple. Still grown today, The Lady is red or green in color with a red blush that tastes sweet and juicy.

Apples are famous for their on-the-run quality, providing a better-for-you snack that fits easily into hectic lifestyles. These delicious fruits are fat, sodium and cholesterol free and provide an excellent source of fiber. So grab your favorite variety of apples for a breakfast side, on the go snack or to use in a deliciously prepared meal.

It's All History – Apples

- 13th Century BC – Egyptian Pharaoh Ramesses II ordered for apples to be cultivated in the Nile Delta region
- 1625 – The first American orchard was planted by William Blackstone on Boston's Beacon Hill.
- 1737 – The first commercial apple nursery was opened by Robert Prince.
- 1962 – American Astronaut John Glenn, the first American to orbit the earth, carried pureed applesauce in squeezable tubes on his first flight.
- Today – There are a recorded 7,500 apple varieties, 2,500 are grown in the United States.

Did You Know?

- Apples are a member of the rose family of plants and the blossoms are much like wild-rose blossoms.
- Apples are grown in every state in the U.S. The top producing states include Washington, New York, Michigan, California, Pennsylvania and Virginia.
- Because of apples' high fiber content, the fruit's natural sugars are slowly released into the blood stream, helping maintain steady blood sugar levels.
- The story that Newton discovered the law of gravity after watching an apple fall from a tree is probably backwards, thought to evolve from his having used the apple's fall to illustrate the pull of gravity.
- Well-known American orchardists include George Washington and Thomas Jefferson.



Try Apples!

Here is a delicious recipe you can try at home using apples.

APPLE CHEDDAR PIZZA WITH TOASTED PECANS

INGREDIENTS:

- 1 (12 oz. can) refrigerated, ready-made pizza dough
- Vegetable oil cooking spray
- 3 large apples, thinly sliced
- 1 cup apple juice
- 1 tbsp. cornstarch
- 1/2 tsp. ground cinnamon
- 2 tbsp. honey
- 1/4 cup chopped toasted pecans
- 1 cup grated white cheddar cheese

METHOD:

Pre-heat oven to 425 degrees. Lightly coat 14-inch pizza pan with cooking spray. Press dough into pizza pan. Cook apples in apple juice until tender. Drain off juice and reserve. Place apple slices on dough. Dissolve cornstarch in apple juice, cinnamon, and honey. Cook over medium heat until clear. Spread sauce over apples. Sprinkle pecans on top. Top with cheese. Bake in a 425 degree oven for 15-20 minutes.

Source: USA Apple