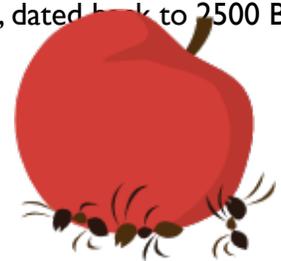


Apple History & Customs

- 🍏 Apples have existed as a wild fruit since prehistoric times and have been cultivated for more than **3,000 years**.
- 🍏 During the California Gold Rush apples sometimes fetched more than **\$100 a bushel** because of their versatility, durability and capacity to be preserved by drying.
- 🍏 Sir Isaac Newton, the renowned Mathematician and thinker, supposedly discovered the **laws of gravity** in 1660 after seeing an apple fall from a tree.
- 🍏 In parts of Scotland, after successfully bobbing for apples, the first name a man heard was supposed to be that of his **future wife**.
- 🍏 Apples are associated with good health and healthy eating. They have been used as cures for many ailments. The most common one being for **warts**.
- 🍏 People used to believe that if it was a good year for apples, then it was a great year for **twins**.
- 🍏 In mainland Europe, it was believed that an apple tree that bloomed out of season would bring the owner **good fortune**.

Fun Apple Facts

- 🍏 Apples are the most varied food on Earth. **7500** varieties of apples are grown throughout the world!
- 🍏 Canadians eat on average, **86 apples per year**
- 🍏 60% of our apples are eaten out-of-hand; the remainder are **processed**
- 🍏 The science of apple growing is called "**pomology**"
- 🍏 The largest apple ever picked weighed **three pounds**
- 🍏 Archeologists have found evidence that humans have been enjoying apples since at least **6500 B.C.**
- 🍏 Planting an apple seed from a particular apple will not produce a tree of that same variety. The seed is a cross of the tree the fruit was grown on and the variety that was the **cross pollinator**.
- 🍏 Apples are a member of the **rose family**
- 🍏 It takes energy from **50 leaves** to produce one apple
- 🍏 Fresh apples float because 25% of their volume is **air**
- 🍏 It takes **four apples** to make a glass of pure apple juice!
- 🍏 *What's worse than finding a worm in your apple? Finding only **half a worm!***
- 🍏 Settlers used apple tree bark simmered in water to make **yellow dye** for clothing
- 🍏 If a young man tossed an apple to a young woman, he was **proposing marriage** to her. If she caught the apple she had accepted the proposal to marry!
- 🍏 Dried apple slices were **found in the tomb** of Queen Pu-Abi in southern Iran, dated back to 2500 B.C!
- 🍏 The only apple native to North America is the **crabapple**
- 🍏 Takes four to **five years** for an apple tree to produce its first apple



Apple Geography

- 🍏 According to Agri-Food Canada, apples are mainly grown in British Columbia, **Ontario**, Quebec, New Brunswick, Nova Scotia and Prince Edward Island.
- 🍏 **China** is the largest producer of apples, followed by US, Turkey, Poland and Italy.
- 🍏 The apple tree **originated** in an area between the Caspian and the Black Sea.

Apple Nutrition Facts

- 🍏 Most of its **nutrients** are contained in the **skin**
- 🍏 Apples are a good source of **fibre and vitamin C** when the skin is left on
- 🍏 Apples contain pectin which helps to remove **cholesterol and toxic metals**
- 🍏 Apples contain phytonutrients which help regulate **blood sugars**
- 🍏 **Helpful for indigestions** as it contains malic & tartaric acid
- 🍏 Making a poultice (grated apple) to put on eyelids for 20 minutes can help relieve **swelling, irritation, sunburn!**
- 🍏 Apples are cleansing for the **liver and gall bladder** (and may soften gallstones)

