



# Apples

## Educator Guide Highlights

### What is in it for you?

One medium apple is:

- A source of immune-boosting vitamin C
- A great source of fiber and antioxidants which:
  - Help with digestion
  - Keep the heart healthy
  - May lower the risk of certain cancers

### Botanical Facts

- Apples are the fruit of the plants in the rose family.
- Apple trees grow best in places where the average winter temperature is near freezing for at least two months.
- Apples begin growing in the spring when bees help to cross-pollinate the white apple blossoms; and continue to grow until harvested in the fall.

### A Slice of Apple History

- Apples have existed for the length of recorded history and are believed to have originated in the Caucasus, a mountainous area between what are now the Black and Caspian Seas.
- Through the rise of Greece, the fall of Persia and migrations to Rome and Europe, apple trees were grafted and apple varieties spread throughout many cultures.
- Spaniards brought apples to Mexico and South America in the 1500s-1600s.
- Pilgrims planted apple seeds in Massachusetts in 1629.
- In the 1800's John Chapman, the legendary "Johnny Appleseed," crossed the American wilderness planting apple orchards in Illinois, Kentucky, Pennsylvania and Ohio. He was believed to have spent approximately 50 years planting and selling apple seeds to settlers for a few pennies each, or trading seeds for clothing!



**Note:** The *Market Basket of the Month* Promotions Kit contains additional information, including the full Educator's Guide, mini-posters of different types of apples, an apple blossom diagram, a list of apple varieties and trivia questions. Ask your school principal or school district food service director for the location of your school's kit.

### Apple Crunch Day

Celebrated during National Apple Month, Apple Crunch promotes healthy snacking. The event encourages youth and families to eat apples, and apple products (applesauce, juice, and cider) as a healthy snack. Apple Crunch Day is a project of the Center for Nutrition and Activity Promotion at Penn State Hershey Children's Hospital (*Center*).



*Market Basket of the Month* is a **Growing Healthy Kids** initiative, coordinated by the Community Health Improvement department of WellSpan Health. To view the monthly family newsletters, go to: [www.wellspan.org/marketbasket](http://www.wellspan.org/marketbasket)

