



Apple

What am I?

Apples are a fruit that can be found in all types of colors: red, yellow, and green. They also come in all shapes and sizes and can vary in their sweetness and texture. Some may be better for snacking, and some better for baking.

How do I grow?

- Apples grow on trees.
- Apples are the most consumed fruit in the U.S. In 2021, 10.5 billion pounds of apples were produced!
- Find apples in Wisconsin August through October.



Nutrition Facts

Apples are a good source of fiber and antioxidants. Most of the fiber is found in the apple peel and is important for good health. As the saying goes, “An apple a day, keeps the doctor away!”

Fun Facts

- There are over 7,000 varieties of apples around the world!
- Johnny Chapman, known better as Johnny Appleseed, brought apples to the Midwest.
- Apples will float in water because they are 25 percent air.
- Apples were used as symbols of love in ancient Rome and Greece.