

# WASHINGTON Apples

*Malus domestica*



PEAK HARVEST IN WASHINGTON

September through November

## THRIVE

- ~ Quercetin is a “flavonoid antioxidant” in apples. It has anti-inflammatory and anti-histamine properties that could help reduce allergy symptoms, prevent cancer, and improve heart health.
- ~ Apples contain vitamin C, which helps the body heal cuts and wounds and helps lower the risk of infection.
- ~ One apple has five grams of fiber, supplying 20 percent of the daily fiber recommendation. The fiber in apples helps you to feel full and protects against heart disease.

## GROW

- ~ Apples are the largest agricultural product grown in Washington State. Many of the apple orchards in Washington are in the eastern foothills of the Cascade Mountains.
- ~ Each year, Washington harvests over 100 million boxes of apples, each weighing about 40 pounds. Every Washington apple is picked by hand. There are no harvest machines to pick apples.
- ~ Apple seeds are unpredictable; you will never get the exact same type of apple from a planted seed.

## TASTE

- ~ Americans eat approximately 19 pounds of fresh apples every year, compared to about 46 pounds consumed annually by residents of European countries.
- ~ Apples originated in Kazakhstan and were carried east by traders on the Silk Road. The only apple native to North America is the crabapple.
- ~ The custom of serving fresh fruit, particularly apples, at the end of a meal arose because early medical notables such as Hippocrates rightly believed they helped digestion. Apples are best eaten with the peel, which provides the most fiber and nutrients.



Honeycrisp



Gala



Fuji



Pink Lady



Braeburn



Red Delicious



Golden Delicious



Granny Smith



Jonagold



Thank you to our poster partner, Ft. Vancouver High School Horticulture Program!

For information about WSDA's Farm to Institution programs go to our onlinetoolkit at [wafarmtoschool.org](http://wafarmtoschool.org) or visit the WSDA website at [agr.wa.gov](http://agr.wa.gov).



Washington State Department of Agriculture