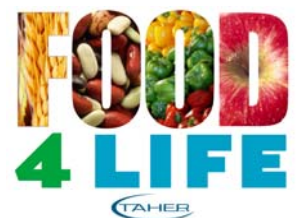


October

Apple blossom is the state flower of Michigan.

APPLE


- ☆ People have enjoyed apples since 6500 B.C.
- ☆ Crab apple trees are the only native apples to the U.S.
- ☆ The pilgrims planted the first U.S. apple trees in Massachusetts.
- ☆ Johnny Appleseed's real name was John Chapman. He was an American pioneer nurseryman.
- ☆ In colonial times, apples were called winter bananas.



October



APPLE

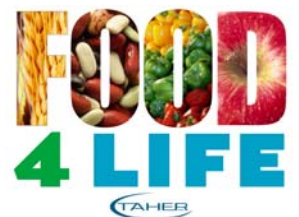
- ☆ Apples are a member of the Rosaceae (rose) family, along with cherries, peaches, plums and apricots. 
- ☆ Pomology is the science of apple growing.
- ☆ Cut the apple in half crosswise to find a star with five chambers (carpels) that contain the seeds.
- ☆ The *Honeycrisp™* apple was developed in the Midwest by the University of Minnesota in 1991.

October

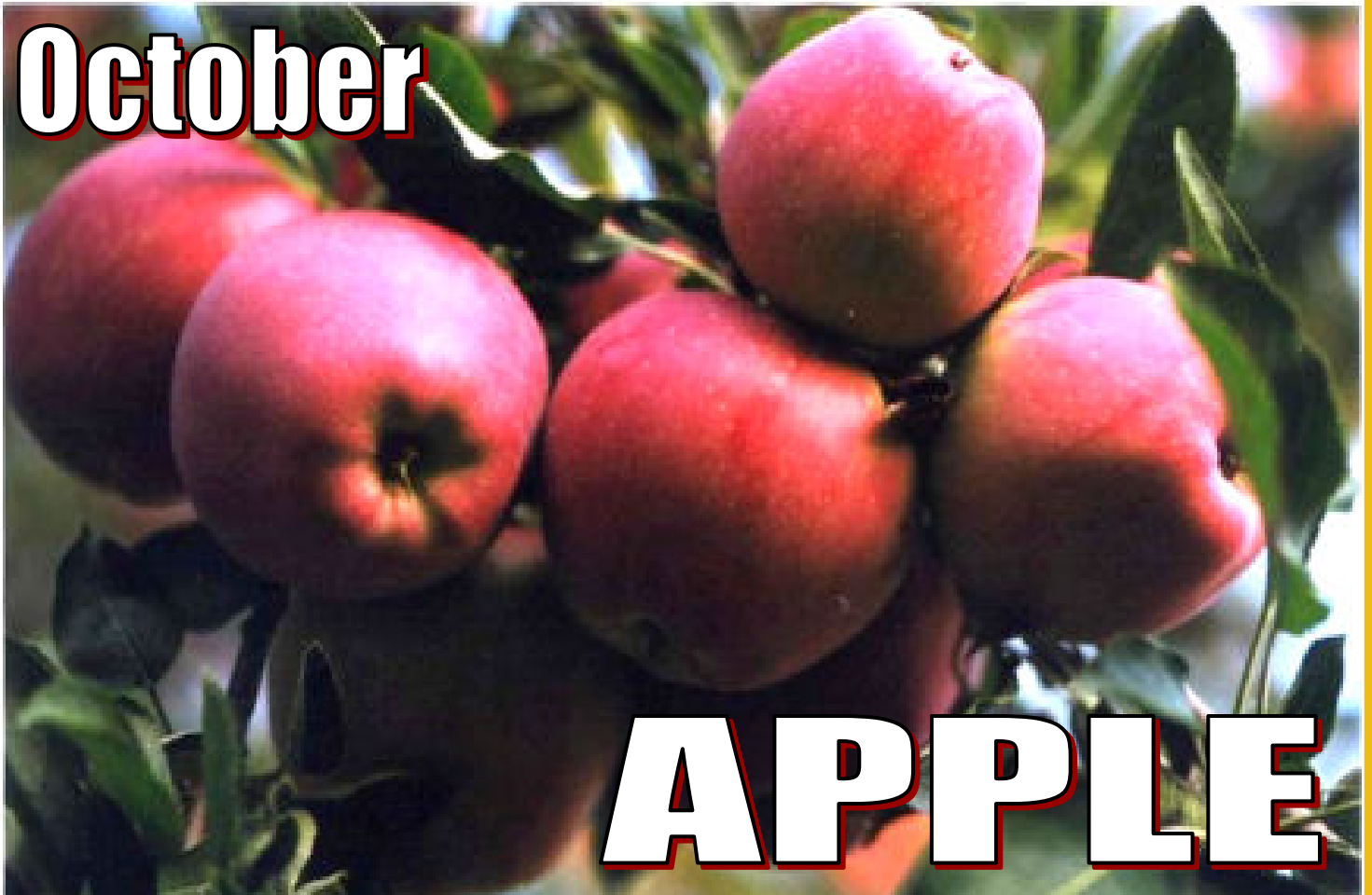


APPLE

- ☆ It takes the energy from 50 leaves to produce 1 apple.
- ☆ Two pounds of apples make a 9-inch pie.
- ☆ About 36 apples are needed to create 1 gallon of cider.
- ☆ Apples float because 25% of an apple's volume is air.



October



APPLE

- ☆ One apple provides as much dietary fiber as a bowl of bran cereal.
- ☆ Don't peel your apple. Most of the nutrients are in the peel.
- ☆ A medium apple has about 80 calories.
- ☆ Apples are fat-free, sodium-free and cholesterol-free.

An apple a day keeps the doctor away!

