

# Tree Fruit Facts

## Fruit

### Growth (Where)

## Apples

Apples are grown in temperate climates with distinct seasons and require well-drained soil and plenty of sunlight. Most apple varieties require vernalization, exposure to cold temperatures during the winter months.



### Growth (How)

Apple trees are typically grown from grafted nursery stock rather than seeds. Most apple varieties require cross-pollination with another compatible variety to produce fruit. It can take 3-6 months for the flowers to develop into apples and mature.

### Harvest

Apples are harvested in the late summer to fall. Growers monitor color, size, firmness, and sugar content to determine when the apples are ripe and ready for harvest. They are typically picked by hand to avoid bruising and damage to the fruit.

## Cherries

Cherries grow best in temperate regions with a period of cold dormancy in winter (vernalization) followed by warm temperatures. Cherry trees require well-drained soil, adequate sunlight, and protection from strong winds.



Cherries are typically grown from grafted nursery stock rather than seeds. Most cherry varieties require cross-pollination with another compatible variety to produce fruit. It can take 3-4 months for the flowers to develop into cherries cherries and mature.

Cherries are harvested in late spring to early summer. They are often harvested by hand to avoid damage and are picked with their stem intact to preserve freshness and extend shelf life. In some orchards, mechanical shakers may be used to harvest the fruit.

## Oranges

Oranges are grown in tropical and subtropical regions and require a warm climate, plenty of sunlight, and well-drained soil.



Oranges are typically grown from cuttings in orchards or groves. Most orange varieties are self-pollinating. After pollination, it can take 6-8 months for the flowers to develop into oranges and mature.

Oranges are harvested in the winter months. The fruit is picked by hand using picking poles or using mechanical harvesters.

## Peaches

Peaches are grown in temperate regions and require well-drained soil, plenty of sunlight, protection from frost and strong winds, and vernalization, cold temperatures during the winter for proper flowering and fruit set.



Peach trees are usually grown from dormant scion wood grafted onto rootstocks. Most peach varieties are self-pollinating. After pollination, it can take 3-5 months for the flowers to develop into peaches and mature.

Peaches are harvested when they reach optimal ripeness in the summer months. Peaches do not ripen well off the tree. They are typically hand-picked using picking poles to avoid bruising and damage to the fruit or mechanical harvesters are used.

## Pears

Pears are grown in temperate regions and require well-drained soil, adequate sunlight, and protection from frost and strong winds. Most pear varieties require vernalization, a dormancy period during the cold winter months.



Pear trees are usually grown from dormant scion wood grafted onto rootstocks. Most pear varieties require cross-pollination with another compatible variety to produce fruit. After pollination, it can take 3-7 months for the flowers to develop into pears and mature.

Pears are harvested when they reach optimal ripeness in late summer to early fall. Pears are usually harvested by hand using picking poles or using mechanical harvesters.

# From Farm to You

## Geography

Washington is the top state for apple production, followed by New York, Michigan, Pennsylvania, and California.

Washington, California, and Oregon produce the most sweet cherries. Michigan, Utah, New York, and Wisconsin produce the most tart cherries.

California is the top state for orange production, followed by Florida, Texas, and Arizona.

California, South Carolina, and Georgia are the top peach-producing states.

Washington is the top state for pear production, followed by Oregon and California.

## Transport & Processing

After harvesting, the apples are sorted and graded based on factors such as color, size, shape, and blemishes. Once sorted and graded, the apples are packed into containers for storage, transportation, and sale. Apples can be stored for several months in cool temperatures and high humidity before being distributed to markets or processing facilities.

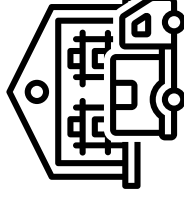
After harvesting, cherries are sorted, graded, and packed into containers for storage, transportation, and sale. They are stored in cold storage facilities to maintain freshness and extend shelf life before being distributed to markets, grocery stores, or processing facilities.

After harvesting, oranges are sorted, graded, and packed in crates or boxes for storage, transportation, and sale. They may be stored in cold storage facilities to prolong shelf life before being distributed to markets, grocery stores, and processing facilities.

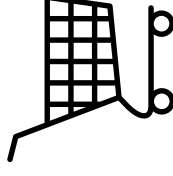
After harvesting, peaches are sorted, graded, and packed in crates or boxes for storage, transportation, and sale. They may be stored in cold storage facilities to maintain freshness and prolong shelf life before being distributed to markets, grocery stores, and processing facilities.

After harvesting, pears are sorted, graded, and packed into boxes or crates. They may be stored in cold storage facilities to maintain freshness and extend shelf life before being distributed to markets, grocery stores, or processing facilities.

## Distributor



Fresh and processed products are sold in bulk quantities to a buyer who will distribute it to a retail store.



Retail product is sold to consumers.

## Store

# Products Made from Tree Fruits

## Products

Apples can be eaten fresh, cooked, or processed into products such as applesauce, juice, cider, apple chips, preserves, and jams, and baked into pies, tarts, crisps, and cobbler.



Cherries are eaten fresh, cooked, or dried and can be added to salads, yogurts, trail mixes, granola, and desserts like tarts, pies, cobbler, and crisps. Tart cherries are used in pies, jams, sauces, syrups, and cherry juice.



Oranges can be eaten fresh, juiced, used in cooking and baking, added to salads, made into marmalade, preserves, or jams, or used as a flavoring agent.



Peaches are eaten fresh, cooked, or preserved, added to salads, cereal, yogurt, or oatmeal, used in desserts like pies, cobbler, crisps, and tarts, and made into jams, preserves, salsas, and sauces.



Pears can be eaten fresh, cooked, or preserved, added to salads, cheese boards, or sandwiches, baked, poached, grilled, or sautéed, used in desserts, like pies, tarts, crisps, and cakes, or made into jams, preserves, and sauces.



## Nutrition

Low in calories and fat, apples are a good source of dietary fiber, vitamin C, potassium, and antioxidants. Consuming apples may help reduce the risk of chronic diseases such as heart disease, diabetes, and certain types of cancer. The fiber in apples can aid in digestion and promote a feeling of fullness.

Cherries are a good source of vitamin C, potassium, fiber, and antioxidants. They are associated with several health benefits due to their antioxidant and anti-inflammatory properties. Consuming cherries may help reduce inflammation, promote recovery after exercise, improve sleep quality, and support heart health.

Low in calories and fat, oranges are a good source of vitamin C, vitamin A, potassium, fiber, and antioxidants. Consuming oranges may help boost the immune system, improve skin health, support heart health, aid digestion, and reduce the risk of chronic diseases such as cancer and diabetes.

Low in calories and fat, peaches are a good source of vitamin A, vitamin C, potassium, dietary fiber, and antioxidants. Consuming peaches may improve digestion, heart health, and immune function. The high fiber content in peaches supports digestive health and the antioxidants and vitamins contribute to overall well-being.

Low in calories and fat, pears are a good source of fiber, vitamin C, vitamin K, potassium, and antioxidants. Consuming pears may improve digestion, heart health, and immune function. The high fiber content in pears supports digestive health and the antioxidants and vitamins contribute to overall well-being.