



# Apples



Apples are grown on trees in temperate climates with distinct seasons. They require well-drained soil and plenty of sunlight. Washington, New York, Michigan, Pennsylvania, and California are the top states for apple production.

Apple trees are typically grown from grafted nursery stock rather than seeds to ensure consistency in fruit quality and to maintain desired traits. Apple trees require ongoing care and maintenance, including pruning to shape the tree, promote fruit production, and manage tree size. Pest control measures, such as spraying insecticides or installing pheromone traps, may also be implemented. Most apple varieties require cross-pollination with another compatible variety to produce fruit. Growers often plant multiple varieties within the orchard to ensure adequate pollination. Honeybees are commonly used to facilitate pollination.

After pollination, the flowers develop into fruit which take several months to mature. Growers may thin the fruit to promote larger, higher-quality apples and prevent branches from breaking due to excessive fruit weight.

Apples are harvested in the late summer to fall when they reach optimal ripeness. They are typically picked by hand to avoid bruising and damage to the fruit. In some orchards, mechanical harvesting methods may be used for processing apples. After harvesting, apples are sorted and graded. Apples that do not meet quality standards are set aside for processing into other products such as juice or applesauce. 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.

Apples can be eaten fresh or cooked, or processed into various products such as applesauce, apple juice, cider, apple chips, preserves, and jams, or baked into pies, tarts, crisps, and cobblers. They are also used in salads, desserts, and savory dishes.

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.



<https://youtu.be/UWLMeh1HlBw?si=hZYeG-RuXmS3QNT>