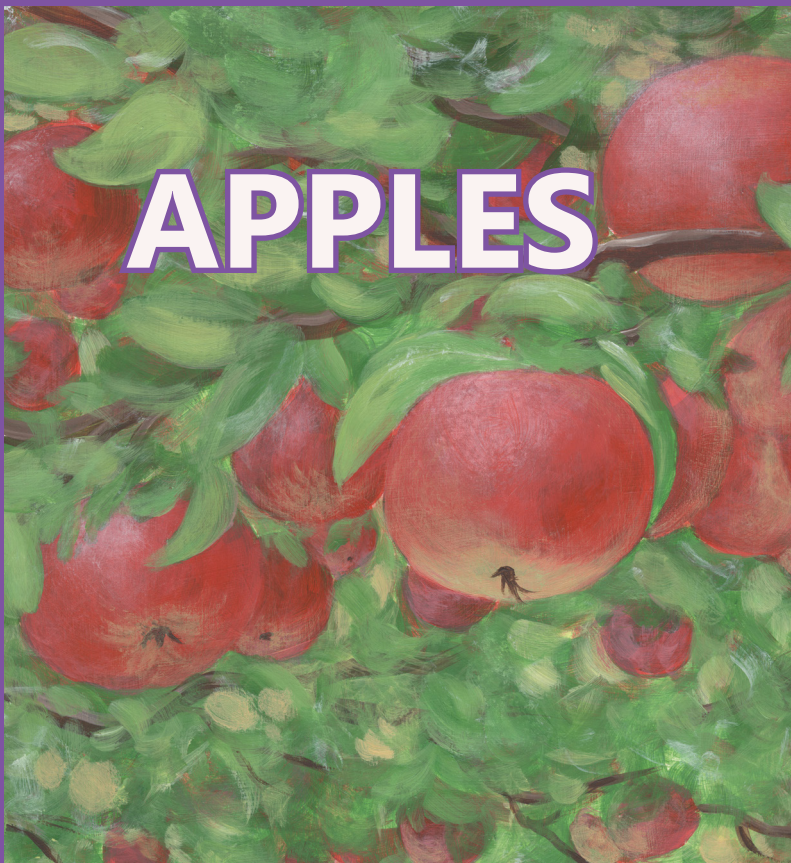


Harvest of the Month



Literature Links

- *How to Make an Apple Pie and See the World*, by Marjorie Priceman
- *Bring Me Some Apples and I'll Make You a Pie*, by Robbin Gourley
- *Apple Countdown*, by Joan Holub

Video Discussion

Why do the Clendenens grow so many types of apples?

When do the Clendenens harvest apples?

What do the Clendenens do with apples that don't look nice enough to sell?

Local Highlight

The history of apples in Humboldt County is tied to the legacy of breeder Albert Etter who developed several varieties in the Mattole Valley, including Pink Pearl and Waltana.

Check out our video about apples and Clendenen's Cider Works:

vimeo.com/channels/hcoenutrition



HUMBOLDT COUNTY OFFICE OF EDUCATION
Nutrition Programs & Services



Harvest of the Month



APPLES

Malus domestica



Spanish: la manzana
Hmong: kua

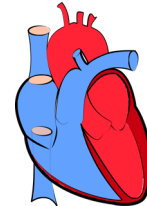
Nutrition Power

Apples are a great source of fiber and antioxidants.



Fiber

helps your digestion!



Antioxidants

help keep your cells and heart healthy!

History

The wild ancestor of the apple is from the mountains of Kazakhstan in Central Asia. In fact, the former capital of Kazakhstan, Alma Ata, roughly means “full of apples.” Apples were introduced to North America by colonists in the 17th century and the first orchard was planted in Boston in 1625.

By 1905 there were thousands of varieties grown in the United States, but major apple growers focused on just a handful of varieties like red and golden delicious. Many types of apples disappeared, but today there are people working to find and save the old varieties that still exist.



Did You Know?

- Plant part we eat: FRUIT
- Apples are in the rose family, and are related to strawberries, pears, plums, and of course, roses!
- It takes the energy from around 50 leaves to produce one apple.
- An apple grown from seed will not be anything like its parents. The only way to get the exact same apple is through a process called grafting.
- Washington State grows the most apples in the U.S.

