

ILLINOIS

# Junior Ag Reader

## An Apple A Day!

Have you heard the saying, "An apple a day keeps the doctor away"? Apples are a super healthy snack! Read more to learn how these amazing fruits are grown.





# APPLES

Apples are grown in all 50 states. The United States produces over 5 million tons of apples every year. This would be enough apples to fill 33,000 classrooms FULL to the ceiling with apples! A typical person in America eats about 16 pounds of apples every year. That is about 48 apples!

Apples are a fruit that grows on trees. A group of apple trees is called an orchard. In the spring, an apple starts as a flower on the tree called a blossom. Bees land on these flowers and move pollen from one tree to another. This is called pollination. Only blossoms that are pollinated can turn into apples. The apple will grow for months until it ripens and is ready to pick. Most apples are picked by hand.



There are many different kinds of apples to eat. Apples come in different colors, sizes, and flavors. Some apples are better to eat fresh. Other apples are better to make into applesauce, apple pies, or apple juice. ***How many kinds of apples have you tried? What is your favorite kind of apple?***

Apples are ready to harvest, or pick, in the fall months of September and October. Apples are stored in special coolers that keep the apples fresh for a long time. If you eat an apple at the end of the school year in the spring it was probably picked at the beginning of the school year in the fall!

In the winter, apple growers prune their trees by cutting off some of the branches. This helps to grow even more apples for next year.





## Visit an Apple Orchard

Many apple orchards welcome visitors in the fall. You can pick your own apples from the tree and see what it is like to work at an apple farm. You can also buy apples that have been picked and lots of yummy foods made from apples. One of the best treats in fall is apple cider!

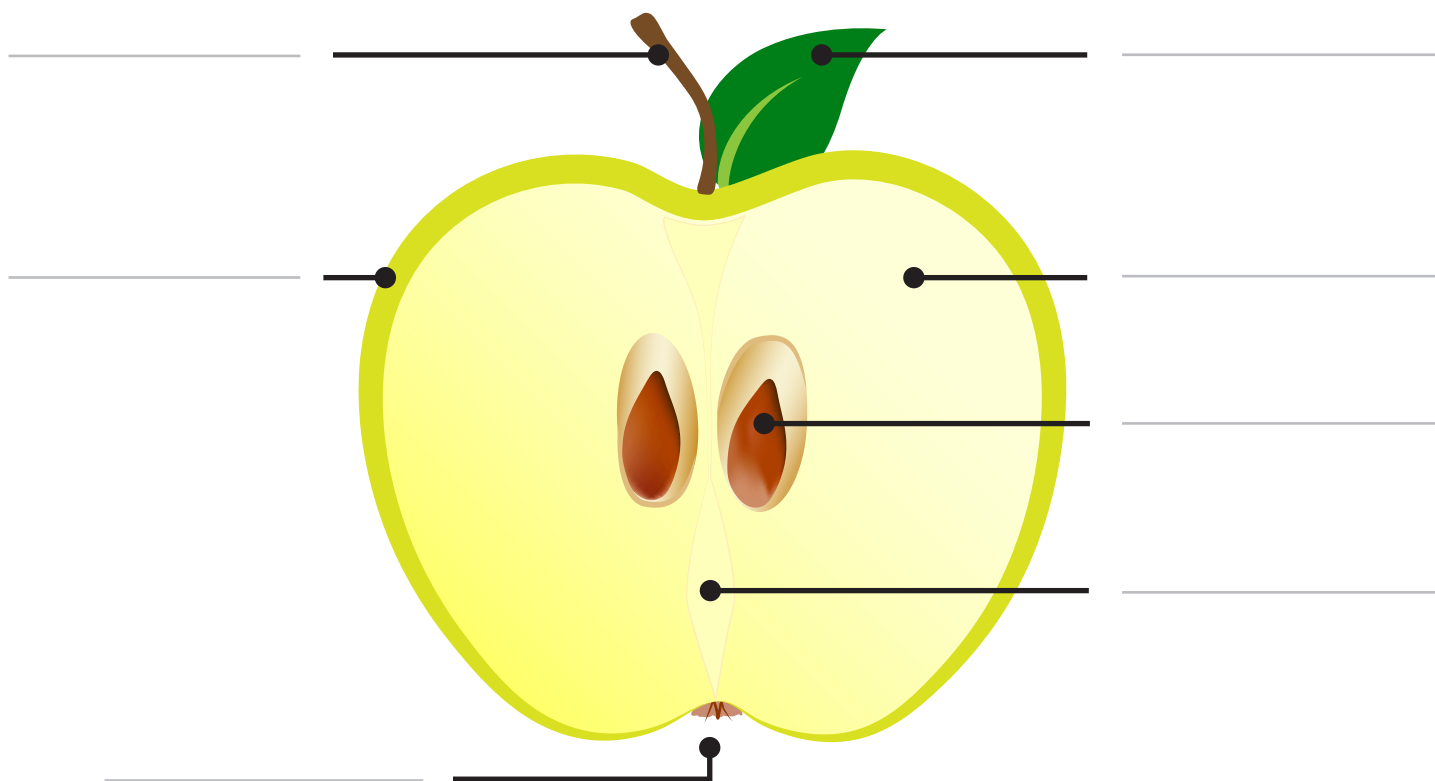


## Parts of an Apple



The outside of an apple is called the peel. The inside part is called the flesh. At the center of an apple is the core and the seeds. ***Did you ever wonder what the little brown nub at the bottom of an apple is?*** That is called the calyx [kal-iks]. The calyx is what used to be the apple blossom!

Use the word bank to label the parts of an apple.



### Word Bank

peel   flesh   seeds   core   stem   leaf   calyx

Write 5 adjectives that describe how an apple tastes.

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