

OREGON APPLES

It takes approximately 36 apples to make one gallon of apple cider.

Apples depend upon bees to pollinate their flowers so that the tree will develop fruit.



NUTRIENTS FOUND IN APPLES

- ~ Apples contain vitamin C, potassium and other nutrients that keep you healthy.
- ~ Apples are a perfect snack food. Their natural sugars provide quick energy and their fiber makes you feel full.
- ~ Apples are best when eaten with the peel. When you eat an apple with the peel, you get the most fiber and nutrients.

The crab apple is the only apple native to the United States.



Oregon's apple harvest runs from July through November.



Oregon farmers grow many different varieties of apples including heirlooms and newer hybrid varieties. Each apple has its own great taste, texture, and color.



Apples are a member of the rose family.

