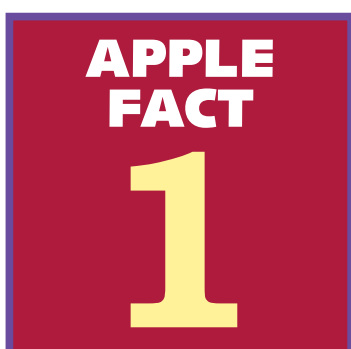
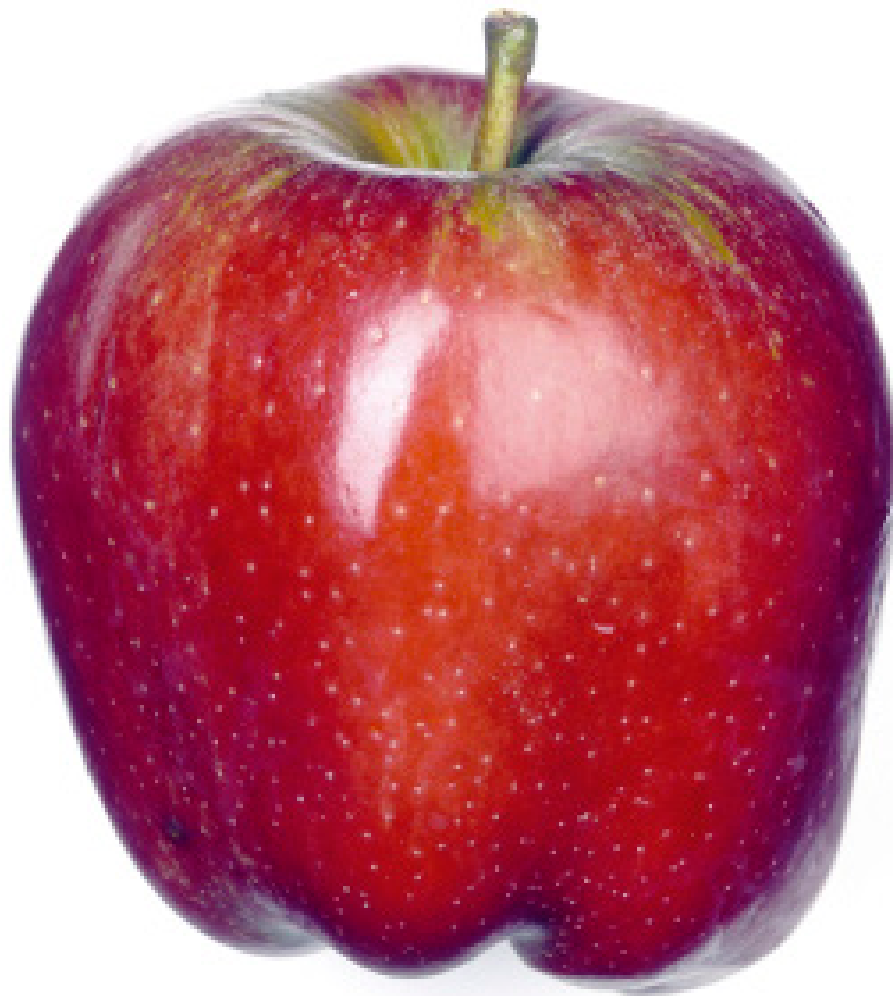


Apples

**According to the
New Jersey Department
of Agriculture, we rank
8th among all of the
states in the volume
of apples produced.**

**In 2016, New Jersey farmers grew
36,000,000 pounds of apples
on 1,800 acres.**



GARDEN STATE ON YOUR PLATE SM
IS A PROJECT OF THE PRINCETON
SCHOOL GARDENS COOPERATIVE



SM

FUNDED THROUGH A GENEROUS
ONGOING GIFT FROM THE BENT SPOON
AND WHOLE EARTH CENTER

Apples

More than 30 apple varieties are grown in New Jersey
Peak apple season in New Jersey is from September 1 to October 25.



**APPLE
FACT**

2

GARDEN STATE ON YOUR PLATE SM
IS A PROJECT OF THE PRINCETON
SCHOOL GARDENS COOPERATIVE



SM

FUNDED THROUGH A GENEROUS
ONGOING GIFT FROM THE BENT SPOON
AND WHOLE EARTH CENTER

Apples

Winesap is one of the oldest apple varieties grown in New Jersey, dating back to the late 1700s.

Winesaps are dull, dark red over a greenish background. They are tart, with a rich, wine-like flavor.



**APPLE
FACT**

3

GARDEN STATE ON YOUR PLATE SM
IS A PROJECT OF THE PRINCETON
SCHOOL GARDENS COOPERATIVE

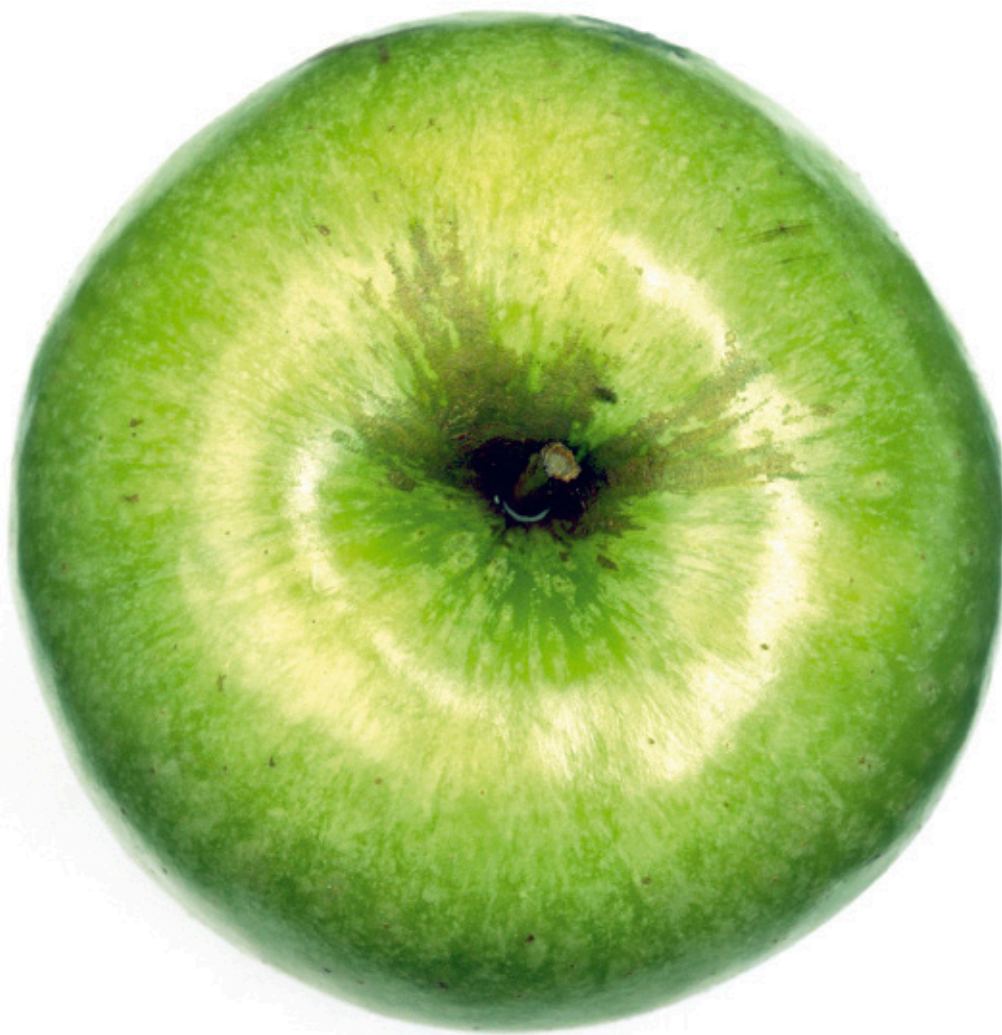


SM

FUNDED THROUGH A GENEROUS
ONGOING GIFT FROM THE BENT SPOON
AND WHOLE EARTH CENTER

Apples

If you cut an apple across the middle from side to side, you'll see a star shape that is formed by the seed pockets, which are called carpels.



**APPLE
FACT**

4

GARDEN STATE ON YOUR PLATE SM
IS A PROJECT OF THE PRINCETON
SCHOOL GARDENS COOPERATIVE

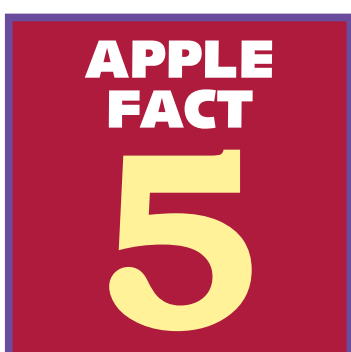
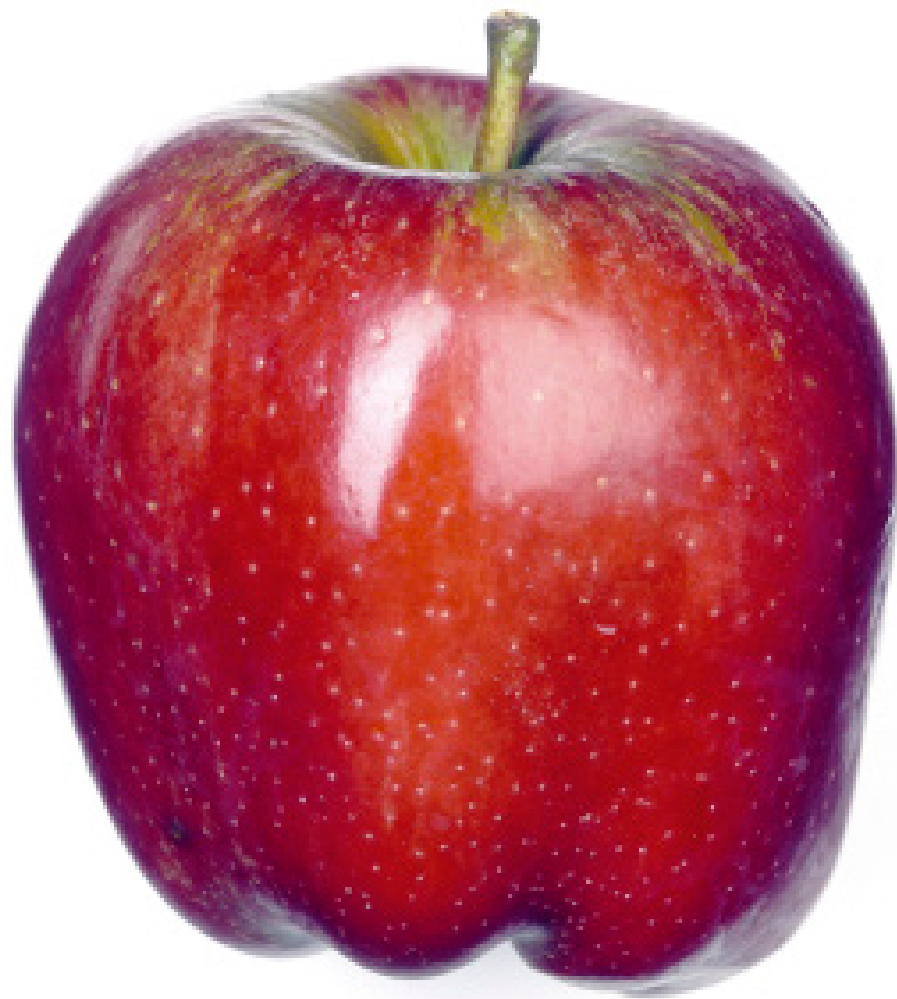


SM

FUNDED THROUGH A GENEROUS
ONGOING GIFT FROM THE BENT SPOON
AND WHOLE EARTH CENTER

Apples

Popular apples grown in New Jersey include Red Delicious, Golden Delicious, McIntosh, and Granny Smith as well as Braeburn, Fuji, Jonagold, Rome Beauty, Winesap, McIntosh, Pink Lady, Cameo, York, Ginger Gold, and Jonathan.



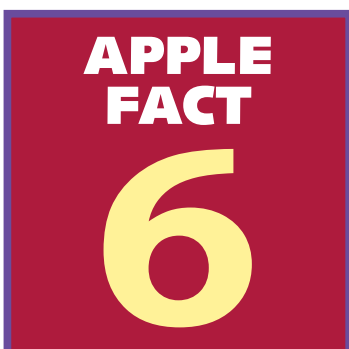
GARDEN STATE ON YOUR PLATE SM
IS A PROJECT OF THE PRINCETON
SCHOOL GARDENS COOPERATIVE



SM
FUNDED THROUGH A GENEROUS
ONGOING GIFT FROM THE BENT SPOON
AND WHOLE EARTH CENTER

Apples

**Apples are
a member of
the rose family,
as are pears, peaches,
plums, and cherries.**



GARDEN STATE ON YOUR PLATESM
IS A PROJECT OF THE PRINCETON
SCHOOL GARDENS COOPERATIVE



SM

FUNDED THROUGH A GENEROUS
ONGOING GIFT FROM THE BENT SPOON
AND WHOLE EARTH CENTER

Apples

There are over 7,000 varieties of apples grown throughout the world. In one year, an apple tree produces 840 pounds of apples, which is equal to about 20 bushels.



GARDEN STATE ON YOUR PLATE SM
IS A PROJECT OF THE PRINCETON
SCHOOL GARDENS COOPERATIVE

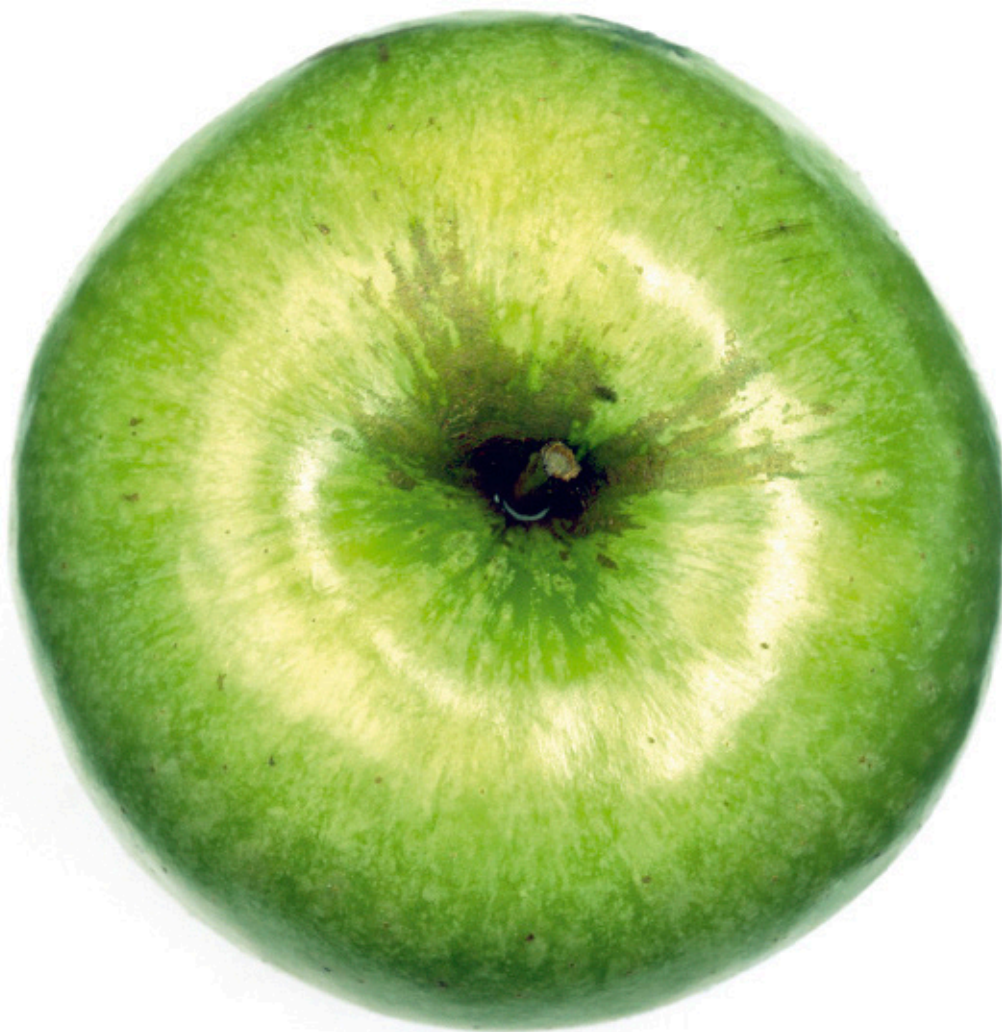


SM

FUNDED THROUGH A GENEROUS
ONGOING GIFT FROM THE BENT SPOON
AND WHOLE EARTH CENTER

Apples

To prevent freshly cut apples from turning brown, dip each slice in a solution of one part lemon, orange, or pineapple juice to three parts water.



**APPLE
FACT**

8

GARDEN STATE ON YOUR PLATE SM
IS A PROJECT OF THE PRINCETON
SCHOOL GARDENS COOPERATIVE



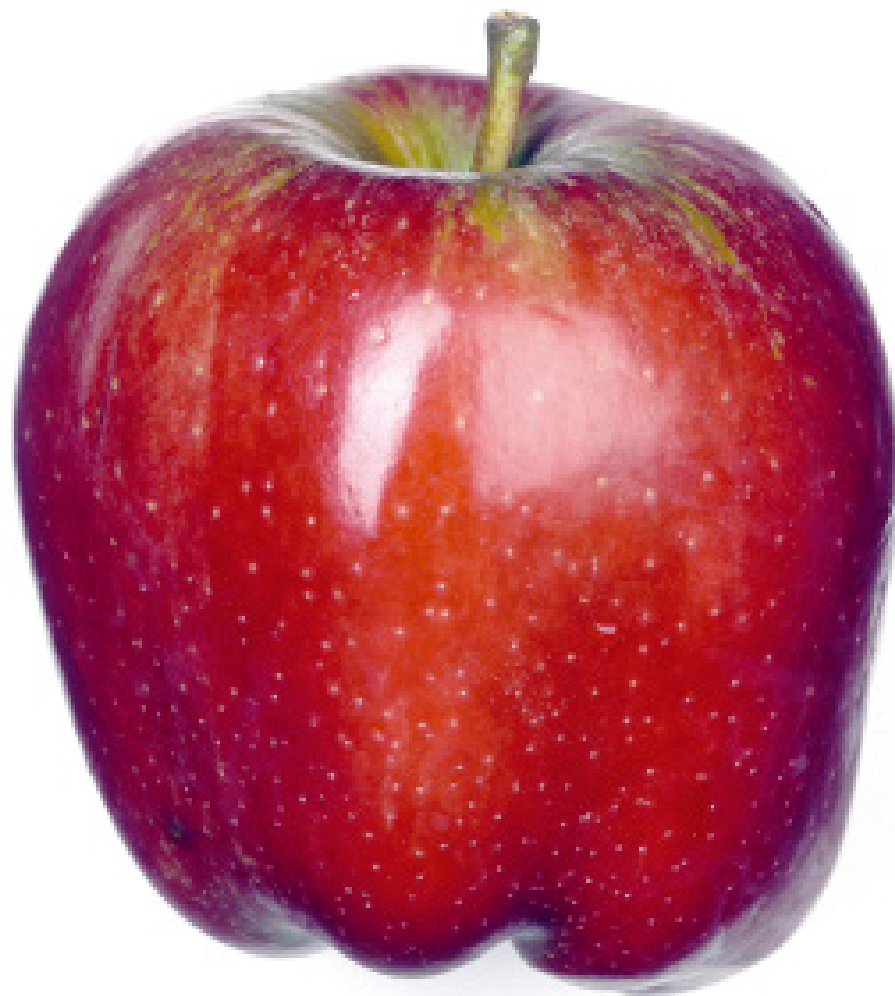
SM

FUNDED THROUGH A GENEROUS
ONGOING GIFT FROM THE BENT SPOON
AND WHOLE EARTH CENTER

Apples

**Americans eat,
on average,
nearly 20 pounds
of apples per year.**

**Apples are high in antioxidants,
which prevent illness,
and in dietary fiber.
They also contain some
calcium and potassium.**



GARDEN STATE ON YOUR PLATE SM
IS A PROJECT OF THE PRINCETON
SCHOOL GARDENS COOPERATIVE



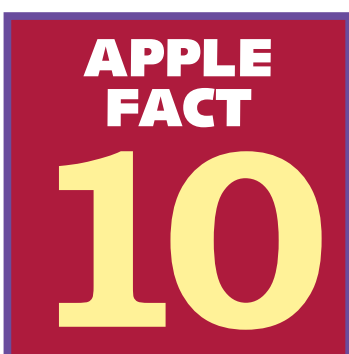
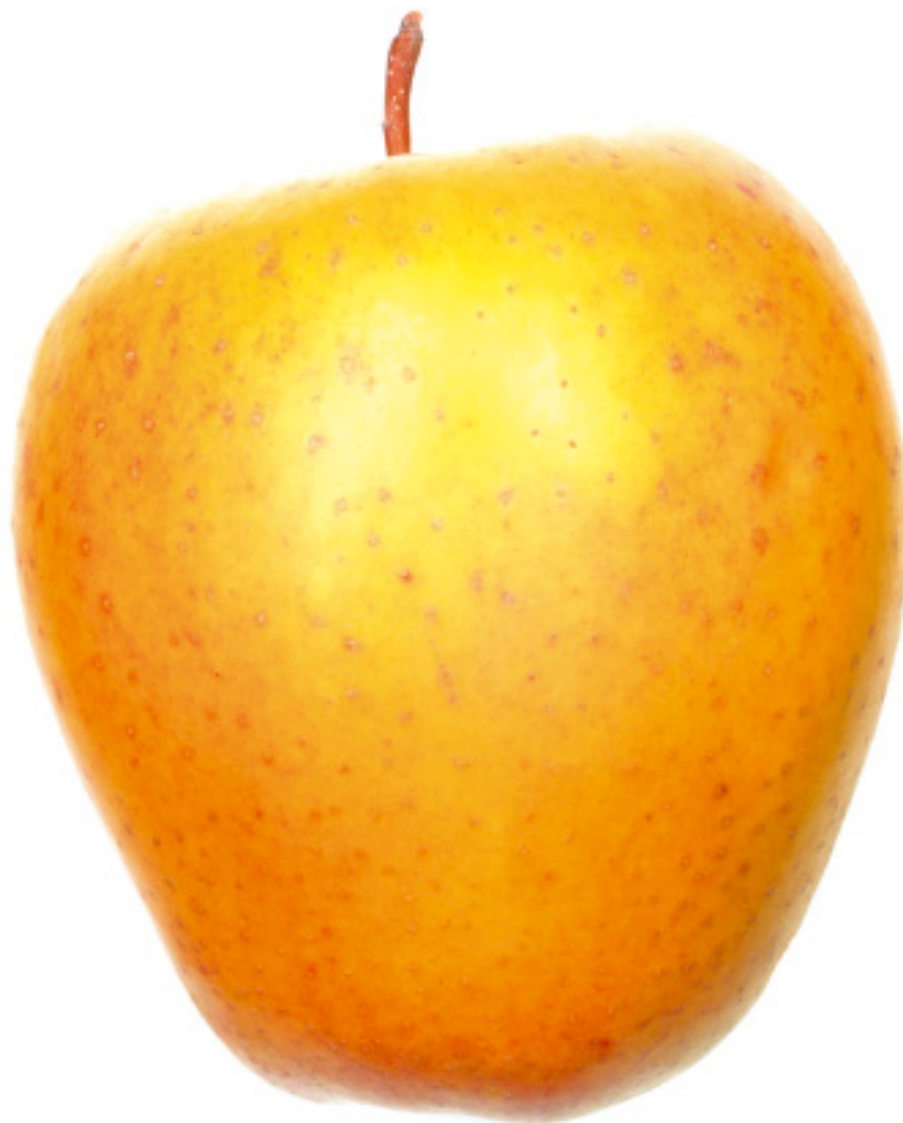
SM

FUNDED THROUGH A GENEROUS
ONGOING GIFT FROM THE BENT SPOON
AND WHOLE EARTH CENTER

Apples

About 25 percent of an apple's volume is air, which is why they float.

One apple has 5 grams of fiber, which provides 20% of the daily fiber recommendation.



GARDEN STATE ON YOUR PLATE SM
IS A PROJECT OF THE PRINCETON
SCHOOL GARDENS COOPERATIVE



SM

FUNDED THROUGH A GENEROUS
ONGOING GIFT FROM THE BENT SPOON
AND WHOLE EARTH CENTER