

Apples

1. Why is fiber important?

Fiber comes from foods of plant origin and refers to complex carbohydrates that your body cannot digest. Fiber helps to move substances in your body, maintain steady blood sugar levels, reduce cholesterol, and may help to prevent cancer.

2. What is natural fructose?

Apples contain natural sugars called fructose. Fructose is found naturally in fruit and it is the form of sugar found in fruits and honey. Fructose has a slower rate of digestion and absorption relative to sugar.

3. Why do apples float in water?

Apples are about 25% air – that's why they float.

4. True or false: Apples have their own layer of natural wax.

True. Apples have a natural wax to protect its high water content. Without this natural wax, fruits and vegetables would lose their vital crispness and moisture through normal respiration and transpiration, eventually leaving them soft and dry.

5. What does the color of an apple's skin tell you about the environment where it was grown?

Blistering heat can cause unwanted bronzed or bleached spots on the fruit's skin. Overheated apples are cooled to the apple's core through watering. The fruit's temperature drops, helping to encourage the deepening of an apple's rosy color.

6. Map the origin of the apple and various geographical regions in California where apples are grown.

Use www.calapples.org. Click on Variety Availability and then Growing Regions for a map of California's production regions.

7. List the top five varieties of apples commercially produced in California and the counties that grow them.

Use www.calapples.org and click on Variety Availability and Information.

8. Determine how much of the apples harvested in California go into processed ciders/juices and how much is sold whole/fresh.

These statistics are based on total U.S. production:

- 61% = eaten whole/fresh
- 38% = processed in apple products
 - (21% juice/cider + 12% canned + 3% dried + 2% frozen)
- 1% = not utilized

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