**Apple Trivia**

* Apples were originally brought to the US by Pilgrims in 1620. It is well known that the Native Americans helped the Pilgrims but when it comes to apples, the Pilgrims were the teachers. Apple trees were planted in Massachusetts soon after the arrival of the Pilgrims.
* There are approximately 2,500 varieties of apples grown in the United States and 7,500 varieties of apples are grown throughout the world. Only about 100 are sold commercially.
* During the 18th and 19th centuries apple seeds were spread from coast to coast for 40 years by the legendary Johnny Appleseed,
* Apples are pome fruits, a botanical classification meaning “fleshy fruits” as opposed to stone fruits with hard “stone” pits, like peaches or plums.
* Pomology is the science of apple growing.
* Apples are ‘self-incompatible’ – you need two trees growing near each other to have successful pollination. Apple trees take four to six years to produce their first fruit and they can live for hundreds of years.
* The game of apple-bobbing began as a Celtic New Year tradition for trying to determine one’s future spouse.
* In ancient Greece, tossing an apple to a girl was a traditional proposal of marriage; catching it was acceptance.
* If you ate one apple variety each day, it would take 27.3 years to eat one of every type of apple grown in the world.
* To keep potatoes fresh and prevent sprouting, put an apple in the bag.
* 25% of an apple’s volume is air. That is why they float.
* Apples have been found to protect and enhance heart muscle.
* Apple varieties range in size from a little larger than a cherry to as large as a grapefruit.
* Apples are rich in flavonoids, plant compounds that function as antioxidants.
* Few people realize the tremendous benefits that apple trees provide to the environment. An acre of orchard removes 30,000 pounds per year of carbon dioxide and generates 12,000 pounds per year of oxygen. An average human consumes 412 pounds of oxygen per year and an average passenger car produces 11,450 pounds of carbon dioxide per year. The cooling effect of a one-acre apple orchard is equivalent to operating 4 home air conditioners at full capacity, 10 hours a day, for 3 months.