

Awesome Idaho Apples

A Century of Idaho Apples



More than 100 years ago, Idaho farmers started growing apples. The many years of learning and experience from early farmers have been passed down from generation to generation. Today Idaho farmers take this knowledge and their experience and combine them with current technology to grow great tasting Idaho Apples.



Idaho farmers produce about 3 million bushels of apples each year. A bushel weighs about 42 pounds. When the farmers pick apples they call it harvest. Harvest in Idaho begins in August and lasts until October. After the farmers harvest the apples they take them to packinghouses where the apples are packed in cartons. The cartons are then sold to supermarkets.



Idaho farmers sell Idaho Apples to supermarkets all over the United States. They also sell Idaho Apples to other countries. When apples are sold to other countries, it is known as exporting. Idaho Apples are exported to countries such as Sweden, Taiwan, and Mexico. When Idaho Apples are exported to countries such as Sweden and Taiwan they are sent on a ship. Some Idaho Apples are sent to processing companies where the apples are made into apple juice, applesauce, and apple pie filling.



Idaho has a great climate for growing apples. Sunny days, cool nights, volcanic soil rich in minerals, and a lot of water give Idaho all the right growing conditions to make Idaho Apples sweet and crisp. The growing conditions also help to give Idaho Apples their beautiful

red color. Most of Idaho's farms and packinghouses are located close to Boise—the capital city of Idaho.



Many varieties of apples are grown in Idaho; varieties are different kinds of apples. The Red Delicious apple is a variety that has been grown for many years—and they are delicious. Some newer favorite varieties of apples grown in Idaho are Gala, Fuji, and Braeburn. These varieties are good for taking in a sack lunch or for an after school snack. Red Rome and Granny Smith apples are also grown in Idaho. These two varieties taste great fresh, or used for baking pies, muffins, and cakes.



Eating fruits and vegetables everyday is important for good health. Enjoy an Idaho Apple for breakfast, lunch, and for an after school snack. Nothing beats the sweet, crisp taste of

Idaho Apples.

Did you know?

- Apples are grown in every state in the continental United States, and apples are grown commercially in 36 states.
- About 2,500 known varieties of apples are grown in the United States, and more than 7,500 varieties are grown worldwide.
- The story that Newton discovered the law of gravity after watching an apple fall from a tree is probably backwards, thought to have evolved from his having used the apple's fall to illustrate the pull of gravity.



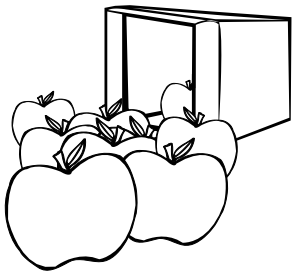
Find and Circle the Words in the Puzzle

F	L	A	V	O	R	A	R	U	T	R	E	E	S	O	T	C
S	B	E	S	U	L	A	D	D	E	R	I	O	M	R	N	C
R	U	P	R	O	D	U	C	E	A	E	A	O	O	L	T	O
E	S	I	O	M	A	P	P	L	E	D	N	P	I	C	K	L
W	H	C	T	H	W	L	Q	O	N	D	X	A	F	T	E	O
O	E	E	C	A	N	D	Y	I	O	E	B	U	R	S	E	R
R	L	W	I	R	O	P	P	A	I	L	J	F	R	U	R	Q
G	O	V	M	V	S	E	R	T	T	I	I	L	L	A	F	L
G	O	L	D	E	N	D	E	L	I	C	I	O	U	S	T	E
T	E	W	A	S	G	F	D	Y	R	I	Y	H	M	N	A	M
S	T	A	Q	T	L	Z	R	B	T	O	R	A	Z	N	F	A
S	S	S	T	A	L	X	O	K	U	U	T	D	C	M	L	R
C	A	R	T	O	N	J	M	J	N	S	K	I	C	L	R	A
Y	T	A	T	B	A	K	E	D	K	A	A	L	A	G	Z	C

APPLE
BAKED
BUSHEL
CANDY
CARAMEL
CARTON
COLOR
EAT
EXPORT
FALL
FAT FREE
FLAVOR
FUJI

GALA
GOLDEN DELICIOUS
GROWERS
HARVEST
IDAHO
LADDER
NUTRITION
PICK
PRODUCE
RED DELICIOUS
RED ROME
TASTE
TREES

Taste
the
Flavor



What is a serving?

One medium apple
6 ounces of 100% apple juice
1/2-cup applesauce

Nutrition Facts	
Serving Size	1 medium apple (154g/5.5oz.)
Amount per Serving	
Calories 80	Calories from Fat 0
%Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0 mg	0%
Sodium 0 mg	0%
Potassium 170 mg	5%
Total Carbohydrate 22g	7%
Dietary Fiber 5g	20%
Sugars 16g	
Protein 0g	
Vitamin A 2%	Vitamin C 8%
Calcium 0%	Iron 2%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your Daily calorie needs.	
Calories per gram	
Fat 9	Carbohydrate 4 Protein 4

Source: USApple Association

“Apple Polishing”—The custom of “apple polishing” hails from little red school houses of yore. Young children, whose math skills were less than exemplary, sought to win their teacher’s favor instead with a gift of a bright, shiny apple. Remember this song? “An apple for the teacher will always do the trick when you don’t know your arithmetic.



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