The History of the Apple

• It is believed that Alexander the Great discovered apples in Khazakstan, Asia as early as 328 BCE.
• Winter apples picked in the late fall have been an important source of produce in Europe and Asia for thousands of years.
• Apples were brought to North America during the 17th century and the earliest apple orchard is believed to have been in Boston.
• Holds cultural context as the supposed fruit that Eve coaxed Adam into eating in the Bible.

Botanical Information

• Apples are the pomaceous fruit that grow on apple trees.
• Apple trees can be as tall as 39ft tall.
• The flowers, which are white, blossom in the spring and the fruit blossoms in the fall.
• The center of the fruit contains five carpels arranged in a star shape, each containing one to three seeds.
Recipe

Ingredients:

• Pastry for 2 crusts (recipe below)
• 8 cups sliced, peeled assorted baking apples - about 3 lbs. (Granny Smith, Cortland, Jonathan)
• 2 Tablespoons lemon juice
• 3/4 cup white sugar
• 1/4 cup brown sugar
• 1/4 cup all-purpose flour
• 1 teaspoon ground cinnamon
• 1/4 teaspoon ground nutmeg
• 2 Tablespoons butter
• 1 egg yolk
• 1 Tablespoon milk

• Directions:

• 1. In a large bowl, toss the sliced apples with lemon juice.
• 2. Combine sugars, flour, cinnamon and nutmeg; add to apples and toss well to coat.
• 3. Fill pastry lined 9 inch pie pan with apple mixture. Dot with butter.
• 4. Place second crust on top of pie filling, cut slits in top of crust to vent. Seal the edges of the crust with a fork or by hand.
• 5. In a small bowl, beat the egg yolk and milk. Brush mixture over top crust.
• 6. Bake at 425 degrees F for 15 minutes.
• 7. Reduce heat to 350 degrees F and bake 40-45 minutes more or until crust is golden and filling is bubbly.

Nutritional value of plant parts used

• Mesocarp or pulp is the part of the apple between the skin and the core and is the part of the apple used in making apple pie.
• The skin is also included in apple pie sometimes because it holds the most nutritional value.
• Apples are a good source of insoluble and soluble fiber.
• Soluble fiber in apples helps to prevent cholesterol build up in blood vessels.
• Insoluble fiber provides bulk in the intestinal track.
• Apples are also a good source of vitamin C.