

# AgBite

*A series of commodity insights*

*Did you know?*

One of George Washington's hobbies was pruning his apple trees.

## Overview

- The science of apple growing is called pomology.
- It takes the energy from 50 leaves to produce one apple.
- The largest apple picked weighed three pounds.
- Apples have five seed pockets or carpels. Each pocket contains seeds. The number of seeds per carpel is determined by the vigor and health of the plant.

## Production

Apples are grown in all 50 states, but commercially in 36

2,500 varieties of apples are grown in the United States, 7,500 varieties world wide

100 varieties of apples are grown commercially in the United States.

# Apple

**Kingdom:** *Plantae*

**Family:** *Rosaceae*

**Genus:** *Malus*

**Species:** *M. domestica*

## Nutritional Information

1 medium 182 g

Total Fat 2 g  
 Cholesterol 0 mg  
 Sodium 1.82 mg  
 Potassium 195 mg  
 Total Carbohydrate 25 g  
   Dietary Fiber 4.37 g  
   Sugar 18.9 g  
 Protein .473 g

Vitamin C 8.37 mg  
 Calcium 10.9 mg  
 Iron .218 mg  
 Magnesium 9.1 mg  
 Zinc .073 mg

Sources: [fdc.nal.usda.gov](http://fdc.nal.usda.gov), [web.extension.illinois.edu/apples](http://web.extension.illinois.edu/apples)

## Apple Anatomy

