

# Did you know?



Apple varieties range in size from a little larger than a cherry to as large as a grapefruit.

A vintage metal scale, likely from the early 20th century, is shown. The scale's bowl is overflowing with a variety of apples, including red, yellow, and some with red and yellow streaks. The apples are fresh and have their stems. The scale itself is made of dark metal and has some text on it, including "W & T AVERY" and "BIRMINGHAM". The background is a wooden surface.

# Did you know?

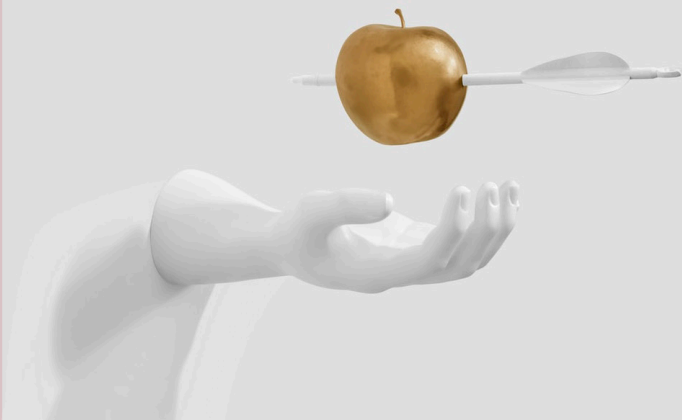
Americans eat an average of 19  
pounds of apples per year.

A wooden cutting board with three sliced apples and a whole apple on a grey surface. The apples are sliced horizontally, showing the core and seeds. A white and grey checkered cloth is partially visible under the board.

# Did you know?

The UK is the only country that grows apples especially for cooking.

# Did you know?



During the Siege of Leningrad several botanists who worked at the gene bank chose to starve to death rather than eat the seeds stored there.

# Did you know?



To conform to EC grading criteria,  
apple growers have to match  
standards of size, color, shape...but  
no criteria for smell and flavor.

# Nutrition Facts

Fat	0%
Sodium	0%
Calories	0%
Cholesterol	0%
Fiber	12%
Potassium	4%
Vitamin A	1%
Vitamin B3	1%
Vitamin B9	1%
Vitamin C	10%
Vitamin E	1%
Vitamin K	3%

Apples help protect the brain from developing Alzheimer's and Parkinson's disease.

Apples contain disease-fighting anti-oxidants.

**Learn More on  
ROOTS' website**

