



# APPLES

**SUMMER**

**FALL**



**ARKANSAS**  
**FarmtoSchool**

**UofA**  
DIVISION OF AGRICULTURE  
RESEARCH & EXTENSION  
*University of Arkansas System*





# GROW

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Plant 2 or 3 trees in fall or early spring in a sunny area with excellent drainage. Select healthy 1-year-old trees, 2 to 3 feet (ft.) tall, with 1/2 inch (in.) trunk in diameter, and a healthy root system. Soak roots in water for 1/2 to 1 hour. Plant each tree in a large hole, fill the hole with soil, and pack it in firmly. Learn more at <https://bit.ly/UAEXApples>!



# PREP

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Wash apples thoroughly with water. Depending on preference, remove the peel. Prepare apples whole or cut into desired sized pieces after removing the stem and core. Apples may be prepared raw, baked, stewed, microwaved, or as an added ingredient to an entrée.



# EAT

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Kick off your day with apple cinnamon muffins, apple pancakes, or oatmeal topped with apple! Snack on baked apple chips. Enjoy thinly sliced apple on a turkey or grilled cheese sandwich! Top your salad with chunks of your favorite apple variety. For dessert, savor a piece of sweet apple pie or apple dumplings!



# LEARN

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Apples originated from Kazakhstan. Apples are a **fruit** that are high in antioxidants and fiber. Eating apples has been shown to lower risk of diabetes and heart disease! In 1870, Mr. Brathwaite grew the first Arkansas Black Apples on his orchard in Northwest Arkansas. This variety is still available today!

