

APPLE

FACT FILE

HISTORY

- The Egyptians were the first people to grow apples
- The apple was introduced in England by the Romans over 2000 years ago
- In 1665 Issac Newton discovered the laws of gravity thanks to an apple!

WHY APPLES

ARE GOOD FOR YOU

- There is an old saying "An apple a day keeps the doctor away"
- Apples are an excellent source of minerals, vitamin A and C
- Raw apples are good for your teeth and gums
- 85% of an apple is made up of water so they are a very refreshing snack



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DID YOU KNOW

- One apple tree can produce up to 200 apples each year
- In a garden an apple tree can live for up to 100 years
- There are over 30 apple producers in Kent
- Kent has 6 different apple varieties – Braeburn, Bramley, Cox, Gala, Jonogold and Russets. The table shows when each variety is in season.

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

Braeburn

✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓

Bramley

✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓

Cox

✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓

Gala

✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓

Jonogold

✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓

Russets

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Flavours of the region

SIMPLE RECIPE

Always wash apples before you eat them. Mix a pinch of cinnamon, a pinch of nutmeg, a medium-sized glass of apple juice and four tablespoons of dried mixed fruit together. Heat to boiling. Reduce the heat and simmer, uncovered, for 15 minutes until the fruit is tender. Add a teaspoon of butter. Core four cooking apples and fill the centres with the fruit mixture. Pour over a little more apple juice. Bake in the oven for about 45 minutes at 190°C / gas mark 5.