

# apples

## The story of



Fruit grows to protect the pips and to attract animals who will eat the fruit and spread the seeds away from the tree. Apples have sweet and juicy flesh which tastes good. Apples give us vitamins to keep us healthy. The skin of apples protects the flesh and has bright green, yellow or red colours to attract animals or people to eat them. Farmers have problems with moth caterpillars and wasps which like to eat apples. Organic farmers do not use any chemicals to kill insect pests so the orchards are good places for wildlife.

## Tree with fruit



In autumn farmers pick the ripe apples and place them carefully in boxes. The apples are stored in a cool, dry shed. They are placed on trays which stop the apples from touching each other, this prevents rot from spreading. The trees shed their leaves and rest for the winter. At this time of the year the farmer prunes his trees. He cuts out the middle branches so that the trees do not grow tall. It is easier to pick fruit from small trees.

## Harvest



## Tree with flowers



Young trees are planted in an orchard, the soil around them is planted with grass to stop weeds from growing. In spring, buds open into leaves which are the food factories of the tree. They use sunlight energy, water, air and soil to make food which is used by the tree as it grows. As the tree grows larger, buds open into flowers each May. Flowers have coloured petals and scent to attract insects like bees. Insects carry pollen to other flowers so that seeds can form. All summer the leaves carry on making food so that the tree grows larger and buds form ready for the next spring.



## Composting

Left over, uncooked parts of fruit and vegetables make good compost. When we put them in a compost heap they are eaten by worms or digested by fungus and bacteria. The fruit remains turn into compost which is used to help more crops to grow by giving nutrients to the soil.



## Farmers' market

The apples are taken to a local farmers' market where the public can buy some to take home to eat. Organic apples are good to eat as they are fresh and do not have chemicals sprayed on them. Fruit should not be kept in plastic bags at home as it gets wet and starts to rot.



## Eating

Apples are one food in the fruit and vegetable food group. We all need to eat 5 portions of fruit and vegetables a day. Apples make a good snack to take out as they are juicy and refreshing.



a day

Good for  
**Health**



## Transport

The apples are transported by road to a nearby town where they can be sold. It is better for the environment if food is transported for short distances before it is eaten. This uses less fuel than transporting food long distances.