Apples are in season in New Jersey from July until December. Apples grow on trees and can be red, green, or yellow. There are over thirty varieties of apples grown in New Jersey including Braeburn, Golden & Red Delicious, Fuji, Gala, Jonagold, Rome Beauty, Granny Smith, Winesap, McIntosh, Pink Lady, Cameo, York, Ginger Gold, Jonathan and many more. What variety of apple is your favorite? Do you prefer tart or sweet?

**Pre-K:** Apple Print Number Line  
**Lower Elem:** Observing Apples  
**Upper Elem:** Apple Oxidation Science Experiment  
**Middle:** Apple Genetics - A Tasty Phenomenon  
**HS:** Apples and the Science of Selection

**Activities:**

**ALL ABOUT NEW JERSEY!**

**How Does it Grow:**

How is it Grown: Apple Video

**Nutrition Fact:**

If you eat two small apples, you will fulfill your fruit requirement for the day! Which is typically 1-2 cups of fruit.

**Recipes:**

Breakfast: Basic Applesauce  
Lunch: Peanut butter Apple Sandwiches  
Dinner: Pulled Chicken Slider with Apple Slaw  
Dessert: Healthier Apple Crumble

**Fun Facts:**

2,500 varieties of apples are grown in the United States, and 7,500 varieties around the world!

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