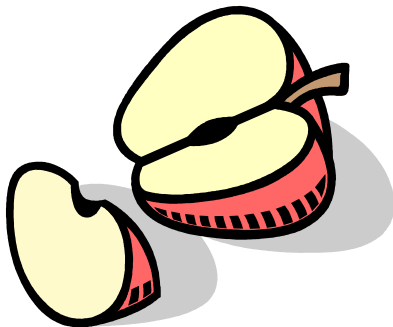


Apples

"An apple a day keeps the doctor away." This old saying may not strictly be true but we all know that eating fresh fruit as part of a balanced diet is very good for our health.

Here are some other apple sayings:

www.theanswerbank.co.uk/Phrases-and-Sayings/Question309430.html



Do you know how many varieties of apple exist? Look up some of the strange names they have:

<http://www.hopeorchards.com/apple-varieties>

<http://englishapplesandpears.co.uk/>

When are apples in season and so at their best?

<http://www.eattheseasons.co.uk/Articles/apples.php>

Are there any apple orchards near where you live?

<https://ptes.org/campaigns/traditional-orchard-project/orchard-network/info-by-region/>



Only about 20% of the apples grown in the UK are grown here. We eat apples from France, South Africa, New Zealand and the USA.



How much fruit and veg is imported?

<https://www.thegrocer.co.uk/fruit-and-veg/three-quarters-of-fruit-and-veg-eaten-in-uk-is-imported/548771.article>

What about planting an apple tree at home or at school?

www.gardenaction.co.uk/fruit_veg_diary/fruit_veg_mini_project_september_2c_apple.asp



The UK is the only country which grows apples specially designed for cooking. Find out which variety is most commonly used for this and look up some tasty recipes to try!

https://www.bbc.com/food/bramley_apple



Apple Day is an annual celebration of apples and orchards. Find out when it is and if there are any events being held in your area.

<http://commonground.org.uk/projects/orchards/apple-day/>