



APPLE (MALUS SPP.)

APPLE TREE FACTS

Apple trees (*Malus pumila*) have been grown for thousands of years in Asia and Europe, **originating in Central Asia**. The wild ancestor (*Malus sieversii*) of our common apple, is still found there today. **Malus pumila are now cultivated worldwide**, and there are more than 7400 different named apple varieties. At our community orchards, POP usually favors cultivars such as **Goldrush, Liberty, Enterprise, Chehalis** for their disease resistance as well as their delicious flavor. Apples belong to the rose (**ROSACEA**) botanical family, which also includes fruits such as cherries, peaches, and pears. **Depending on the rootstock**, dwarf apple trees grow 6-10 ft tall, semidwarfs grow 10-18 ft tall, and standards grow 18-25 ft tall. Apples do not come true to seed, so propagation requires grafting of **scionwood** to selected rootstock or grafting of buds to rootstock of existing trees.

SEASONAL CARE

Apple trees are one of the more challenging trees to care for because there are dozens of common pests & diseases. Frequent monitoring and spraying may be required for successful seasonal care. *Malus pumila* grows in **hardiness zones 5-8**.

WINTER/SPRING: Annual winter pruning is necessary during the plant's dormant period. Spring is the key time for pest & disease management, including applications of compost tea, neem oil, and other sprays as needed. Thin fruit to 5" apart in May/June.

SUMMER: Frequent monitoring of trees, especially in humid or wet climates. Check out POP's scouting guide for more information on monitoring common pests such as apple tree borers, codling moths, plum curculio, aphids, apple maggots, stinkbugs, and more. Common diseases include apple scab, cedar rust, fire blight, sooty blotch & flyspeck, black rot, bitter rot, powdery mildew, and bitter pit.

FALL: Late fall compost application, organic sprays for management of various pests & diseases as needed. Harvest and process the fruit from Aug - Nov. depending on the variety.

NUTRITIONAL BENEFITS

Apples have many nutrients, including vitamin C. Vitamin C, also called **ascorbic acid**, is a common antioxidant in fruits and is an essential dietary nutrient that has many important functions in the body. Apples are also a good source of **fiber** so there's a reason you hear the phrase "an apple a day keeps the doctor away." The leaves have been used **as an antibacterial agent**. Apples last many months in proper storage and can be dried, frozen, or made into **cider, syrups, jams, teas, juices, pies, and much more**.

EASY APPLE BUTTER RECIPE

4 lbs of cooking apples
1 cup apple cider vinegar
2 cups water
Sugar (about 4 cups)
Salt
2 teaspoons cinnamon
1/2 teaspoon ground cloves
1/2 teaspoon allspice
Grated rind and juice of 1 lemon

1. Core apples and place in a slow cooker with water.
2. Add the sugar, apple cider vinegar, cinnamon, salt, cloves, allspice, and lemon to the crockpot. Mix well.
3. Cook in slow cooker on low for about 10 hours, stirring every couple hours.
4. If desired, use a blender to puree the apple butter until smooth.
5. Cover and refrigerate for up to two weeks or freeze in small containers.

Bonus: You can use the apple scraps to make your own Apple Cider Vinegar!



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