

Apple *Malus pumila*



Other names Before the 17th century, all ‘foreign’ fruit was referred to by the generic term ‘apple’. The French word for apple is *pomme* and is directly translated as meaning ‘fruit’. Only after the 1600s this imported fruit of Asian origin was exclusively identified. Before this time any fruit could have been referred to as ‘apple’.

Description The apple is the pomaceous (fleshy with central seed-bearing core) fruit of the apple tree and is of the rose family, *Rosaceae*. The apple is one of the most widely cultivated tree fruits and there are more than 7500 known cultivars. Most of the nutrition is found in or close to the peel.

Part/s used Fruit, juice

Nutrients Apples are a good all-rounder, containing many vitamins and minerals. For example, boron, while less well known than other trace elements, helps to maintain the levels of minerals and hormones that are needed for bone health, may help in the prevention of calcium loss, aid in the prevention of osteoporosis and raise testosterone levels in men, building muscle. Apples are a good source of Vitamin C and bioflavonoids.

Phytochemicals Apples are regarded as a good source of antioxidants. They are rich in quercetin, catechin, phloridzin, chlorogenic acid, catechin(s), procyanidin, coumaric acid, chlorogenic acid and gallic acid

Medicinal properties Apples are known to boost immunity and stimulate the appetite. In juice form, apples are very cleansing for the liver and gall bladder.

Other facts When conventionally farmed, apples require substantial amounts of chemical spraying. This affects not only the most nutritious part of the fruit, the peel, but is also absorbed through the root system of the tree internally to the fruit. Organic should always be the preferred choice.

Apples, with skin (edible parts) Nutritional value per 100 g (3.5 oz)	
Energy	50 kcal 220 kJ
Carbohydrates	13.81 g
- Sugars	10.39 g
Fat	0.17 g
Protein	0.26 g
Vitamin A equiv.	3 µg 0%
Thiamin (Vit. B1)	0.017 mg 1%
Riboflavin (Vit. B2)	0.026 mg 2%
Niacin (Vit. B3)	0.091 mg 1%
Pantothenic acid (B5)	0.061 mg 1%
Vitamin B6	0.041 mg 3%
Folate (Vit. B9)	3 µg 1%
Vitamin C	4.6 mg 8%
Boron	0.273mg 14%
Calcium	6 mg 1%
Iron	0.12 mg 1%
Magnesium	5 mg 1%
Phosphorus	11 mg 2%
Potassium	107 mg 2%
Zinc	0.04 mg 0%

Percentages are relative to US recommendations for adults based on the USDA Nutrient database