

# — CORTLAND APPLES —

## What are they?

- Cortland apples have a bright red skin with areas of green and many dark red streaks
- Cortland apples have a crisp white flesh that is exceptionally juicy with a sweet-tart flavor.



## When are they available?

- Harvested fresh in the Midwest mid-July through mid-October.
- Local apples are available from storage usually from October to January depending on the year.

## What's so cool about them?

- Cortland apples were developed from a cross between a Ben Davis and McIntosh apple in 1898 at Cornell University in New York.
- Extremely slow to brown when cut, the Cortland apple is perfect for use in fresh apple preparations.
- After an apple tree is planted it takes 4-5 years before apples are produced.
- The average apple tree can produce enough apples to fill 20 forty-two pound boxes.
- The largest apple ever picked weighed three pounds.
- Next to oranges, apples are the most valuable fruit grown in the United States.
- To make one gallon of apple cider you need at least 36 apples.
- There are 2,500 varieties of apples grown in the U.S.



## Why should I eat them?

- Apples are a good source of fiber, which helps lower bad cholesterol and promotes digestion. Make sure to eat the skin too!

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