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Informacja prasowa

Autumn – the time for apples – we examine the most popular Polish fruit

Autumn is the time for apples. It is one of the most popular fruits, and Poland has one of the largest and best equipped production chains of apples in all of the UE, and even the world. Recently, on September 28, we celebrated the World Apple Day. It is worth remembering why these fruits should be present in the daily diet and what their nutritional properties are. It is not necessary to reach for imported exotic fruits to provide the body with essential vitamins and nutrients in the autumn and winter period. Healthy, delicious Polish apples ripening in summer and autumn are a real vitamin bomb. According to nutritionists, you should focus on local and seasonal products. Can you find a better example of such a product than the Polish apple?

What's inside an apple?

Let's start with the numbers. A medium-sized apple weighs about 150 grams. Therefore, it can be assumed that one fruit provides the body with 75 kcal. An apple is the perfect idea for a small, healthy meal. Apples are very diverse, so the exact energy, nutritional values and content of nutrients essential for health may vary slightly depending on the variety, season, ripeness, growing conditions, etc. The largest part of the apple's weight, around 85%, is water. A medium-sized apple contains about 25 grams of carbohydrate, of which about 4 grams come from fiber, which slows down the digestion and absorption of carbohydrates. Thanks to this, eating apples does not cause the blood sugar level to rise so quickly. The fiber content also makes us feel full after eating an apple. What else is in the apple? These include vitamins A and C, antioxidants, potassium, calcium and magnesium.

When should we eat apples

Autumn is undoubtedly associated with apples. In fact, these fruits ripen, depending on the variety, from mid-July until late autumn. The good news is that the apple season actually runs all year round. Apples are characterized by excellent storage properties. Thanks to this, they retain the highest taste and nutritional values even until the next harvest. That is why we can enjoy the availability of delicious, fresh and varied varieties all year round. In autumn, it is also worth remembering about preserves such as mousses, jams, compotes, purees or juices. Dried apples are also gaining popularity, but they can also be used successfully frozen and even pickled.



To peel or not to peel?

Definitely not to peel! Flavonoid - quercetin, i.e. a substance that exhibits, among others, the regulating effect for the immune system is found in or just below the peel of the apple. If we are not on a strictly digestible diet and we have no medical contraindications (e.g. due to the need to limit fiber in the diet) let's eat an apple with the skin.

Remember that Polish apples meet the most stringent quality standards, and Polish fruit growers are a group of producers with the highest standards. Therefore, on the peel of Polish apples we will not find harmful substances resulting from the method of cultivation or storage. Of course, you should remember that each fruit must be washed before consumption and... enjoy its taste and health benefits!

CuTE: CULTIVATING THE TASTE OF EUROPE

"CuTE: CULTIVATING THE TASTE OF EUROPE" is an information and promotion campaign conducted in 2019-2021 by FruitVegetablesEUROPE (EUCOFEL), the European Association of Fruit and Vegetable Producers. Its aim is to increase knowledge of the specific nature of agricultural production methods and the characteristics of European fruit and vegetables on the internal market. The Polish partner of the project is the National Association of Fruit and Vegetable Producers (KZGPOiW).

Activities are carried out in 5 countries: Poland, Germany, France, Spain and Greece. The project is co-financed by the European Union.

More editions of "CuTE: CULTIVATING THE TASTE OF EUROPE" coming soon!

More information about the campaign is available on the official website of the project, also in Polish: <https://www.fruitvegetableseurope.eu> and in social media.

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