

# Apple

DID YOU KNOW  
THE ONLY APPLE  
NATIVE TO NORTH  
AMERICA IS THE  
CRABAPPLE?

## CAN I GROW APPLES?

Found in nearly every grocery store, apples are the most heavily consumed fruit in North America! Not only are they absolutely delicious- combining sweetness and tartness, juiciness and crispiness to create an extraordinary flavor and texture profile- they are also incredibly healthy for you. High in fiber, vitamin C, and a variety of antioxidants, there's a reason for the urban legend that claims "an apple a day keeps the doctor away!" Apples trees need a specific amount of cold weather so that they fruit properly. They generally grow best in USDA growing zones 4-8. They also need to be pollinated by another apple tree of a different variety to produce a crop.

## PLANTING

Apples trees should be planted about 15 feet apart. We suggest digging a hole twice as wide and twice as deep as the pot of the tree, and mixing a combination of 70% soil and 30% compost. Fill up the hole enough so that the tree sits level with the ground and then cover the root-ball with your soil mixture. Make sure that the graft is a few inches above soil level so it isn't suffocated. Water thoroughly to eliminate any air pockets.

## MAINTENANCE

Don't fertilize your apple tree until at least five months after planting. We suggest fertilizing in the spring with a high nitrogen fertilizer (to encourage leaf and branch growth) and in the fall with a high phosphorus fertilizer (to encourage root development). Prune in the winter to encourage new branching and flowering.

## COMMON DISEASES

The most dangerous apple disease by far is fire blight. Fire blight is a bacterial disease that can spread by insects or humid conditions. Once infected, the tree will start to turn black, shrivel and die from the tops of the branches. If the affected area is not pruned off immediately, the fireblight will spread to the rest of the tree and kill it. If you see signs of fireblight on your apple trees, you should immediately prune away the affected areas. Dip your clippers in 60% rubbing alcohol or a mixture of 1 part bleach to 9 parts water between each cut. Make sure you make your cuts at least 8 inches down from where you can see the blight, as it often spreads unseen. Afterwards, the tree should be given an anti-bacterial and anti-fungal treatment. Some organic growers have had success with organic OMRI listed treatments like Serenade Optimum WP by Bayer.



## Red Apple Varieties

Ambrosia  
Anna  
Arkansas Black  
Braeburn  
Cortland  
Empire  
Early Red Delicious  
Enterprise  
Freedom  
Fuji  
Gala  
Holland  
Honeycrisp  
Jonared  
Liberty  
McIntosh  
Mollies Delicious  
Pink Lady  
Pixie Crunch  
Red Delicious  
Stayman/Winesap  
Wolf River  
York

## Yellow Apple Varieties

Blushing Gold  
Dorsett  
Einshemer  
Ginger Gold  
Grimes  
Jonagold  
Golden Delicious  
Yellow Transparent

## Green Apple Varieties

Early Harvest  
Granny Smith  
Lodi  
Mutsu  
Pippin  
Shizuka

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