1. An apple in its original “heirloom” form was generally not sweet. Man has bred the wildness out of apples. Think of the Washington Red Delicious’ apple. As this was the number one selling apple in the 80s and 90s (Red Delicious, Yellow Delicious, and Granny Smith were almost the only apple varieties found on any store shelf in the US), in order to transport the apple long distances, the goodness or flavor and sweetness were bred out of them. What suffered greatly was taste, crispness was now mushy, and waxiness so that evaporation was slowed. They were sprayed with everything imaginable so that all the apples were alike in color and size.

In an attempt to encourage consumers to eat this bland and lifeless apple, biologists (not farmers) tried to amp up the sweetness, which in the case of these three apples, failed.

2. According to Pollan, if you save the seed from an apple that you like and plant it, what you get is a tree with fruit that has no semblance to what you planted because most apples today are grafted. However, a small disclaimer… according to the Bite Me video, what you will see is an apple that was planted from seed and produced what the grower wanted. It is possible that growers made this claim to keep consumers coming back to them for apple trees, rather than doing it themselves.

Grafting is taking the new growth (scion) and attaching it to the rootstock of another tree. Grafting has been practiced for thousands of years.

3. Earn Americans made cider out of apples as they were fearful of the water. Apple growers popularized the sales of apples by telling the public that “An apple a day, kept the doctor away.”

4. Cyanide discourages insects from attacking the plant.

5. Chapmans business plan was to graft apple trees and have them available for sale ahead of the settler expansion west. This way people would have apple orchards early vs, starting from seed or grafting when they arrived at their destination.

6. The word SWEET is very subjective. Unfortunately, not only has the word become slang, it can refer to anything that is made with sugar cane, sugar beets, or corn. High fructose corn syrup is cheap sugar with no nutritional value.
7. The “Great Apple Rush” refers to how settlers including John Chapman brought apples from other countries with them to the new world. Settlers were determined to all have apple orchards.

8. Apple qualities that were lost were sweetness, crispness, flavor, hardiness, to name a few.

Descendants of Johnny Apple Seed are the heirloom varieties of apple that ceased to be planted since commercially it made sense to limit choices. Limiting choices meant that the growers and stores had the final say over what was grown and sold. Control over the final product comes back to the stores. Again, transportation, longevity of the product getting to the store from the orchard bred out the flavor, sweetness, and crispness.

The definition of winnowing means to separate the wheat from the chaff as one example. Michael Pollan believes that diversity has been weakened, and taste has been separated from heirloom varieties.

9. Natural sweetness vs. high fructose corn syrup. Most products on the store shelf contain HFCS. The cheap sugar tends to dull the taste buds and appreciation of natural sugar from an apple.

10. Thousands of varieties were once available around the world.

11.