

Pennsylvania School Student contest

MY FRUIT: APPLE

Pennsylvania is a state that holds the scars of history in its lands, it is the keystone state of our country and has a meaningful past that holds up our state until today. After all this state has experienced, it needs its very own fruit that holds a strong symbol. We are a state of fierce love, we nurture ancient history, we have made through the variety of periods of colonization, faced hardships and have stayed strong and united till today. So, why not have a fruit that symbolizes our majestic state?

After ruminating for much time, I found a simple, yet symbolic fruit that experiences a much deeper journey throughout the human world, an apple. Staying in the city, suburbs, urban or rural area of the country doesn't matter to eating apples, in fact all 67 counties in Pennsylvania grow apples. They are readily available in the supermarket, or you can develop your very own orchard. Apples are easily accessible fruits that have an extraordinary and heavenly taste, and they can be made and turned into a variety of dishes. What is its history, why can apples symbolize the prodigious Pennsylvania?

An apple is a fruit commonly known to the world, but other than its juicy taste, it holds a deeper meaning. Apples developed in the east, it was used as a great symbol for the Greek goddess of love, Aphrodite, it gives a strong relationship to Pennsylvania's very own city of brotherly love. Even though apples are not indigenous to America and were bought by other English settlers in Jamestown, an apple species is still the first American variety exported from the colonies, when, in 1768, a batch was sent to Benjamin Franklin while on a diplomatic mission in London. In the modern day, apples are grown all over Pennsylvania, and

our state produces **400 to 500 million pounds of apples per year**, each apple is typically less than one pound. Pennsylvania provides enough apples for all US citizens to get one apple at least, making it ranking 4th in apple production. Increasing our grow in apples can increase the state's economic status. May I also remind you that the result of an apple falling on Newton's head provided one of the great Newton laws about gravity. Pennsylvanians have recognized the apple because of its cultivation throughout history, what about concerns of the daily consumption and health of the modern people?

Do apples hold allergies in their pure taste? The answer is no, apples are one of the few fruits that do not hold allergies. Have you ever heard the phrase "An apple a day keeps a doctor away"? Though eating apples does not literally keep a doctor away, it provides many nutritious benefits. An apple can dim your risk of chronic and heart diseases. Cholesterol levels and blood pressure can also be compressed with apples. An apple also contains several components that can help to prevent cancer. Want to lose weight, improve your bone health, promote brain function, dim the risk of diabetes and create a barrier between asthma and you? The answer is crystal clear, an apple. Researchers research showed that those who ate three to four apples a week were 39% less likely to die than those who abstained or ate less than one per month. Disease-prevention and an advantage of long-term health are the great characteristics of apples. Who knew a nice juicy apple could gift you an extra chance of a long life?

An apple isn't just your everyday fruit, taking a bite from an apple means taking a bite of the meaning of Pennsylvania. No matter who you are, where you are, an apple is always open to you in Pennsylvania. Growing an apple can grow our whole state! In the orchard of history, a single apple can hold a deep meaning. Welcoming apples to your diet is equivalent to kicking any threat to your health out. Apples are fruits that can keep anyone away if you throw them hard enough. But a wise person would know that to throw the chance of having

an apple is foolish. The heart all the veins in a healthy Pennsylvania, sourced from an apple.
The priceless question of today is, why not an apple?

Additional link; a quick share-out of why apples, made by the help of WeVideo:

https://tesdnet-my.sharepoint.com/personal/31sarangis_tesdk12_net/Documents/Apples-PAFruitcontest_1736621572135.mp4

Thank you

~Sanvika Sarangi