

Nutrition of Apples



Potein 14.6g	Ash Content 0.2g	Potassium 110mg	Calcium 3mg
Magnesium 3mg	Rin 10mg	Carotin 2IU	VitaminC 4mg
Dietary fiber 1.5g			
Water-soluble fiber 0.3g			
Water-insoluble fiber 1.2g			

Reference: Aomori apple
measures meeting

Future

Polyphenol Element

- ① Epicatechin
- ② Procyanidins
- ③ Anthocyanin

Cancer Prevention

Dietary fiber--2.6g/an apple
Pectin that is a live even
when boiled or baked

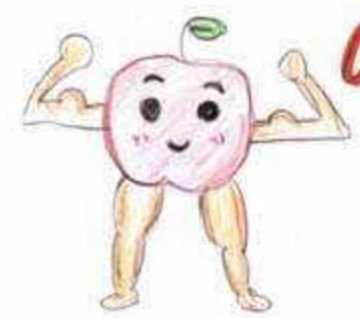


Change Aomori prefecture's
short-lived prefecture!

Reference: Aomori Apple Association

Healthy-body

made from



Apples

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High School

IHR-Rrap 5

1991 Aomori Prefecture
1992 Aomori Prefecture
1993 Aomori Prefecture
1994 Aomori Prefecture

Motive

Aomori is a short-lived prefecture.

So we want to change that using Aomori's apples.

We want everyone to know about it.


Purpose



Aomori is famous for apples.

but we don't know much about it.

So we want to know better.

A Cultivation Method

Winter Cut branch
 Spread fertilizer

Spring Cut grass
 

Summer Pollination
  Spread pesticide

Fall Cut and pick up bad apples
 Wrap apples
Apples exposed to the sun
Harvest

Reference: Aomori apple
measure meeting

Kinds of apple

Tsugaru harvest time
mid-September
~ the end of September

Kogyoku harvest time
mid-October

Orin harvest time
the beginning of November

Fuji harvest time
the beginning of November

Reference: Aomori apple
measures meeting