

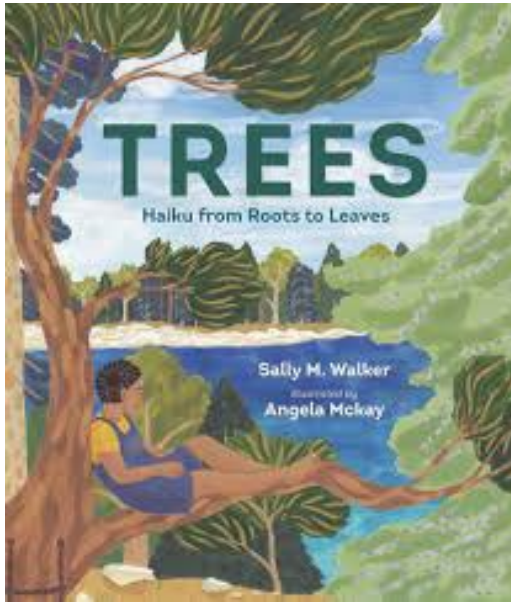


The Book Planter



Ag in the Classroom

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ncagintheclassroom.com



December 2025

Trees: Haiku from Roots to Leaves

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Learn of the wonder and science of trees, told in a collection of haiku. Engage in every season and stage of a tree's life cycle, from seed to photosynthesis. This book melds the scientific and artistic with bold and bright illustrations about how trees grow and function.

Discussion Questions¹

1. How can trees bring people together?
2. What are some other books you have read about trees?
3. What is inspiring or interesting about trees?
4. How can a tree be famous? Are there any special or "famous" trees in your community?
5. This book is told in poems called haiku. How do songs, poems, books or works of art that feature trees make you feel about trees?
6. How do you think trees should be represented in art?

Activity 1: Types of Poems¹

1. Start by asking students, "Why do people write poetry?" Answers may vary, but explain that people write poetry to express their feelings, ideas, or tell stories in a creative way. It helps people share things they care about or imagine. Some people write poetry to make others think or laugh, while others do it to share something personal. It's like making a picture with words, and there are lots of different ways to write poetry.
2. Explain the different forms of poetry:
 - Haiku: A Japanese poetry form with three unrhyming lines of five, seven, and five syllables.
 - Concrete: A poem written in the shape of its subject, such as a tree or a leaf.
 - Acrostic: A poem where the first letter of each line spells out a word, name, or phrase when read vertically.
 - Ode: A poem expressing praise for or celebrating something.
 - Diamante: A diamond-shaped poem that compares and contrasts two different things.

3. Explore some famous tree poems before inviting students to brainstorm about types of poems they would like to try writing. They should also brainstorm things about trees or forests.

Teacher's note:

- "Birches" by Robert Frost
 - "Loveliest of Trees" by A.E. Houseman
 - "The Poet Tree" by Shel Silverstein
4. Ask students to choose which form of poetry they would like to write (or you may choose to assign the type by student or by groups). Next, have them select their topic (whether it be trees, leaves, forests, things that live in trees, etc.). Another option is if you have a nice tree on the school grounds, allow them to sit by the tree to write.
 5. Tell students to write a rough draft in their journals.
 6. Once they have their poems written, ask students to share their poems with a partner, and ask the partner to edit the poems, or correct any spelling or grammatical errors.
 7. Finally, provide a Leaf Handout to each student and have them write their poems on the leaf templates and cut them out. You can hole punch the top and string these to display them.

Activity 2: Types of Fruit Trees²

1. Ask students, "What types of fruits grow on trees?" Answers can include: apples, figs, pears, cherries, peaches, plums, apricots, oranges, lemons, limes, nectarines, bananas, persimmons, etc.
2. Divide the class into twelve groups. Allow each group to pick one Tree Fruit Information Card out of a hat or box. (There will be two groups per fruit.)
 - [Apple Information Card](#)
 - [Cherry Information Card](#)
 - [Orange Information Card](#)
 - [Peach Information Card](#)
 - [Pear Information Card](#)
3. Ask students if these fruits grow in North Carolina. All of these fruits will grow in North Carolina except oranges; however, some people grow oranges in greenhouses in North Carolina. Cherries grow in North Carolina, but the sour varieties are hardier.
4. Provide each student with a [Become a Tree Fruit Expert](#) activity sheet and [Tree Fruits Flowchart](#).
5. Explain to students that they will become experts for the fruit on their card. Instruct them to read the information card, and they can watch the videos for their fruit (QR codes for the videos are also on the information cards). They may also search for information on the internet to complete their activity sheet.
 - [Apple](#)

- [Cherry](#)
 - [Orange](#)
 - [Peach](#)
 - [Pear](#)
6. Provide each group with a folder, and instruct them to label the folder with the name of the fruit they were assigned and the names of everyone in the group. Direct them to place their *Tree Fruit Information Card*, *Tree Fruit Flowchart*, and *Become a Tree Fruit Expert* activity sheet in their folder. Explain that they will add additional information to the folder and then use it at the end of the lesson to create a presentation about their fruit.

Activity 3: Nutritional Benefits of Tree Fruits²

1. Reorganize the class back into their groups from *Activity 1* and provide each group with the *Nutrition Facts and Health Benefits* handout for their fruit. Hand out a [Tree Fruit Nutrition Comparison Chart](#) to each student.
 - [Apple Nutrition Facts and Health Benefits](#)
 - [Cherry Nutrition Facts and Health Benefits](#)
 - [Orange Nutrition Facts and Health Benefits](#)
 - [Peach Nutrition Facts and Health Benefits](#)
 - [Pear Nutrition Facts and Health Benefits](#)
2. Using the information from their *Nutrition Facts and Health Benefits* handout, each group should fill in the information for their fruit on their *Tree Fruit Nutrition Comparison* activity sheet.
3. Bring the students back together as a class and project the activity sheet onto a large screen. Explain to the class that they are going to compare the nutrition facts of the six different tree fruits the groups have been researching. Have a representative from each group share the nutrition information for their fruit while the students complete their activity sheets.
4. After all the information has been recorded, lead a discussion comparing the nutritional value of the six tree fruits. Use the following questions to guide the discussion:
 - Which fruit contains the most calories? Which contains the least?
 - Which fruit contains the most fiber? Which contains the least?
 - Which fruit contains the most carbohydrates? Which contains the least?
 - What do the fruits have in common?
5. Have the groups place their handouts and activity sheets into their group folders.

Activity 4: Tree Fruit Presentations²

1. Provide each group with a poster board and markers. Using the information from their group folder, instruct the students to create a poster and prepare a presentation about their fruit. Presentations should include the following:
 - a. Name of the fruit
 - b. Where the fruit is grown

- c. How the fruit is grown and harvested
 - d. How the fruit is consumed
 - e. Nutritional value and health benefits of the fruit
 - f. Why consumers should purchase and eat the fruit
2. Allow students time to create their posters and presentations and present them to the class. Consider hanging posters up in the lunch room.

Sources

1. https://www.startwithabook.org/sites/default/files/swab_treetrekkers_part5_creativeroots.pdf
2. <https://agclassroom.org/matrix/lessons/873/>

K-5 Subject Areas: English Language Arts, Science, Healthful Living

English Language Arts

- RI.K.1.3 With prompting and support, ask and answer questions about key details in a text.
- RI.K.2 With prompting and support, identify the main topic and retell key details of a text.
- RI.K.3 With prompting and support, describe the connection between two individuals, events, ideas, or pieces of information in a text.
- RI.K.4 With prompting and support, ask and answer questions about words in a text.
- RI.K.10 Actively engage in group reading activities with purpose and understanding.
- W.K.2 Use a combination of drawing, dictating, and writing to compose informative/explanatory texts in which they name what they are writing about and supply some information about the topic.
- W.K.6 With guidance and support from adults, recall information from experiences or gather information from provided sources to answer a question.
- RI.1.1 Identify details in a familiar text.
- RI.1.2 Identify the main topic and retell key details of a text.
- RI.1.4 Ask and answer questions to help determine or clarify the meaning of words and phrases in a text.
- W.1.2 Write informative/explanatory texts in which they name a topic, supply some facts about the topic and provide closure
- W.1.5 Participate in shared research and writing projects.
- W.1.6 With guidance and support from adults, recall information from experiences or gather information from provided sources to answer a question.
- RI.2.2 Identify the main topic of text.
- RI.2.4 Identify words that relate to the topic of a text.
- W.2.2 Write informative /explanatory texts in which they introduce a topic, use facts and definitions to develop points, and provide a concluding statement or section.
- W.2.5 Participate in shared research and writing projects.
- W.2.6 Recall information from experience or gather information from provided sources to answer a question.
- RI.3.2 Identify the main topic and retell key details of a text.
- RI.3.4 Identify key words that complete sentences in a text.
- RI.3.5 Locate key facts or information in a familiar text.
- W.3.2 Write informative /explanatory texts to examine a topic and convey ideas and information clearly.
- W.3.5 Conduct short research projects that build knowledge about a topic.
- RL.4.1 Identify explicit details in an informational text.
- RL.4.4 Determine the meaning of words in a text.
- W.4.2 Write informative /explanatory texts to examine a topic and convey ideas and information clearly.
- W.5.2 Write informative /explanatory texts to examine a topic and convey ideas and information clearly.
- RI.5.1 Identify words in the text to answer a question about explicit information.

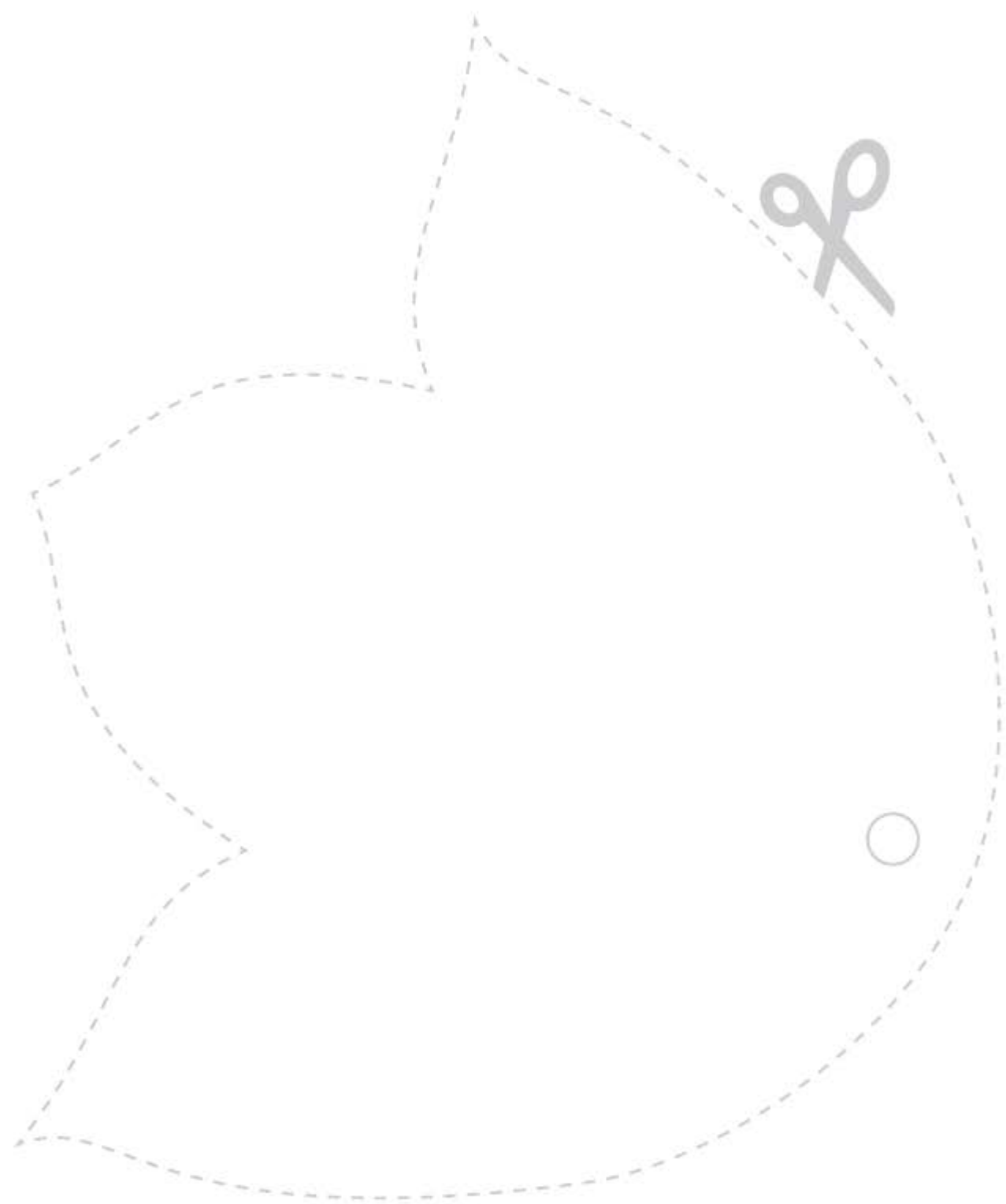
Science

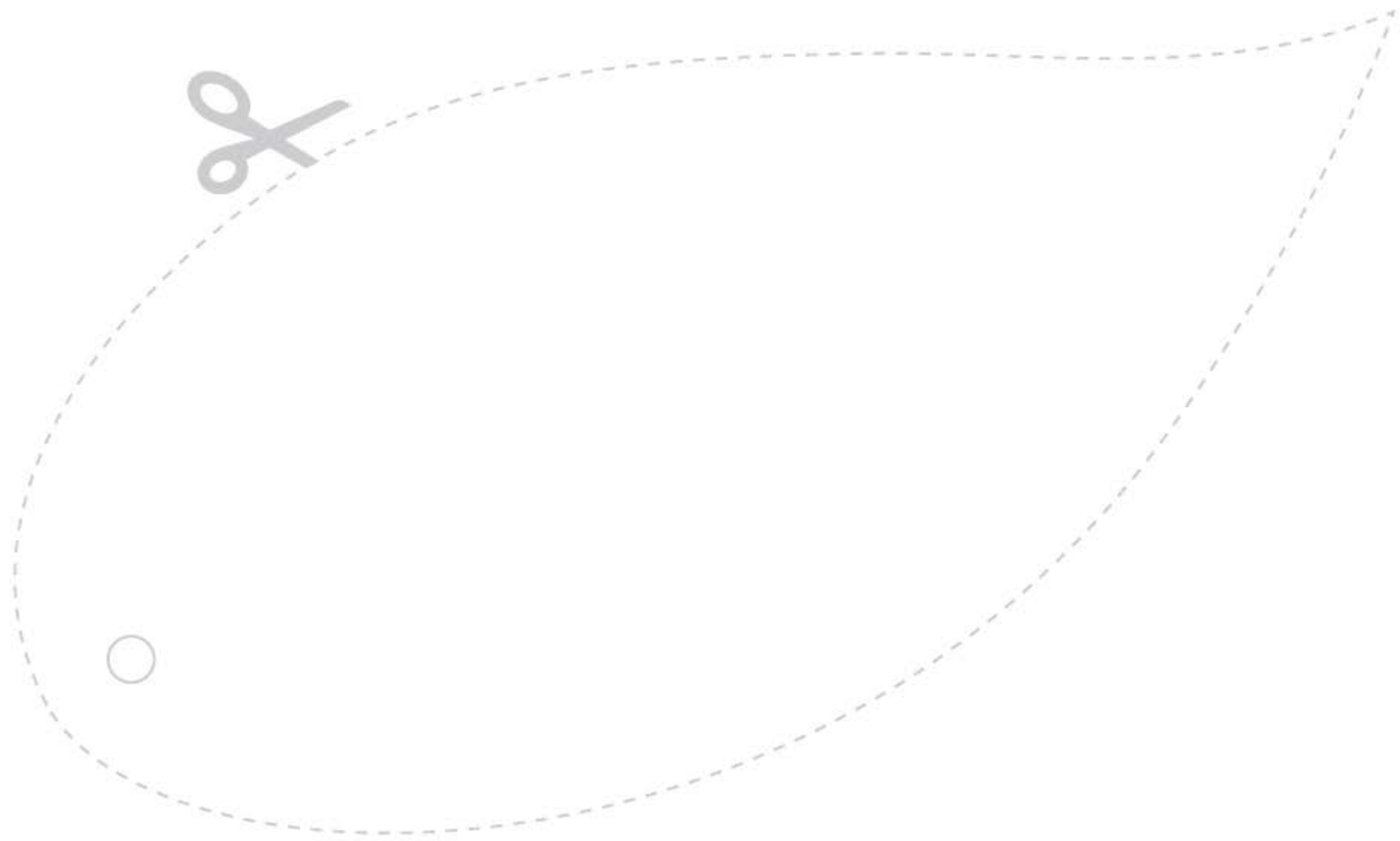
- LS.K.1 Understand the characteristics of living organisms and nonliving things.
- LS.K.2 Understand characteristics of organisms that make them alike and different.
- LS.1.1 Understand the basic needs of a variety of plants and animals in different ecosystems.
- ESS.1.3 Understand that natural resources are important to humans.
- LS.3.2 Understand how plant structures aid in survival.
- LS.3.3 Understand how environmental factors aid in the survival of plants.
- LS.4.1 Understand the effects of environmental changes, adaptations, and behaviors that enable organisms to survive in changing habitats.
- LS.5.2 Understand the interdependence of plants and animals within their ecosystem.

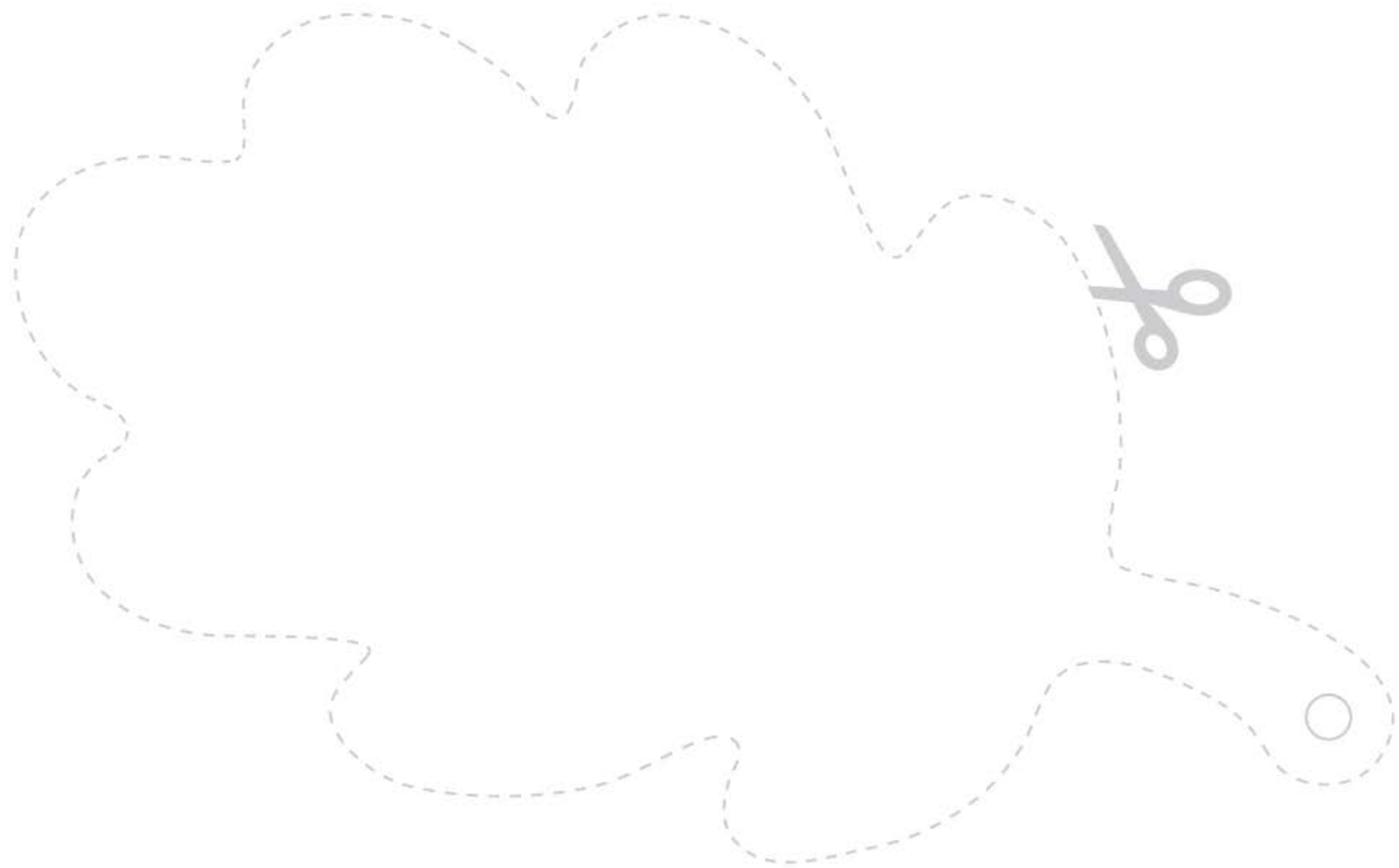
Healthful Living

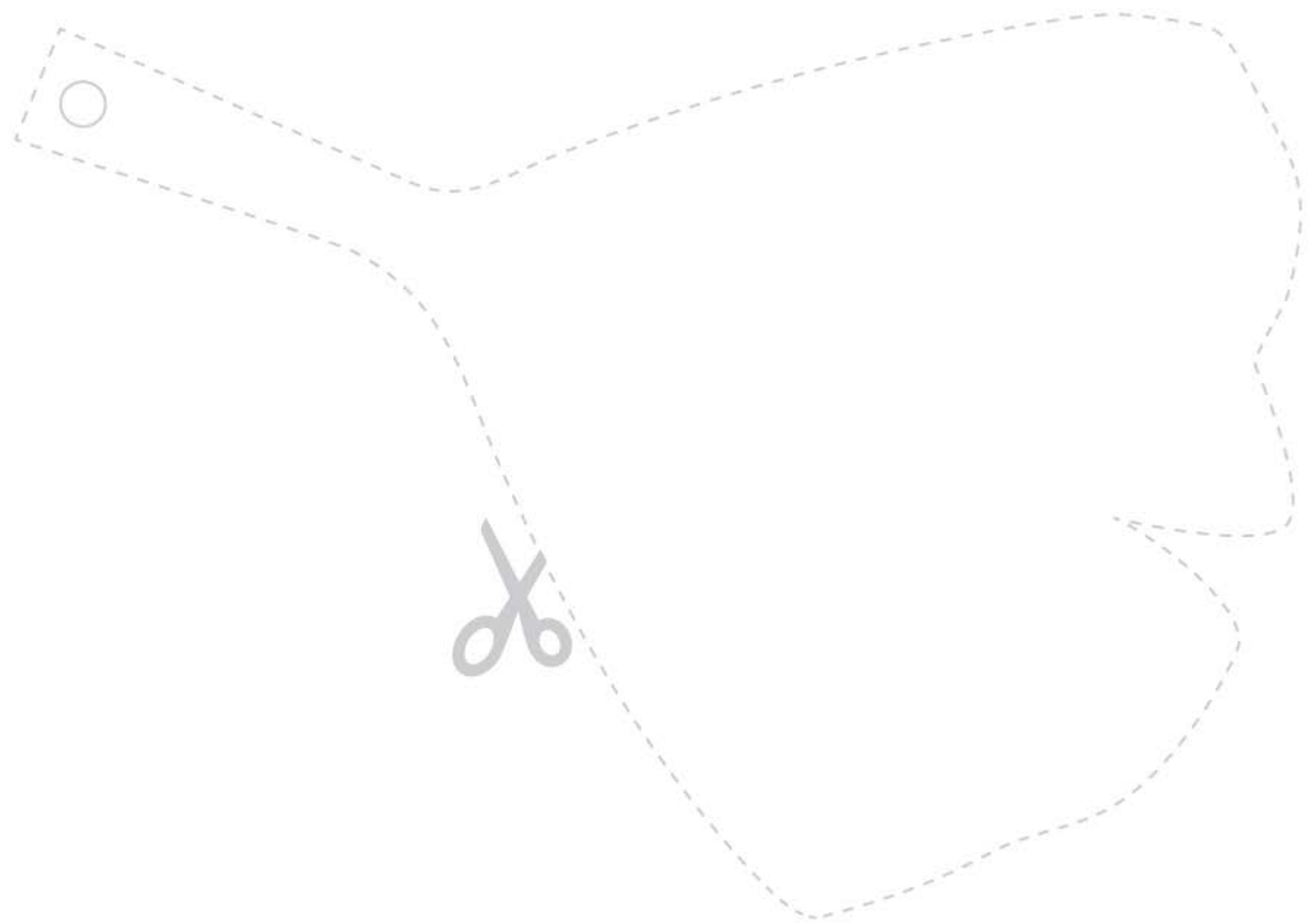
- K.NPA.1 Identify sources of food and water and their importance to the body.

- 1.NPA.1 Describe where food and water come from and their importance to the body.
- 2.NPA.1 Explain where food and water from and their importance to the body.
- 3.NPA.1 Recall why the body needs a variety of foods.
- 3.NPA.2 Investigate factors that influence which foods we eat.
- 4.NPA.1 Interpret tools to apply nutrition information.
- 4.NPA.2 Explore external factors that affect which foods we eat.
- 5.NPA.1 Use tools and resources to interpret nutrition information.
- 15.NPA.2 Investigate external factors that affect which foods we eat.









BECOME A TREE FRUIT EXPERT

Group Members:

Name of the fruit: _____

1. Where is the fruit grown? _____

2. How is the fruit grown? _____

3. How is the fruit harvested? _____

4. How is the fruit consumed? _____

5. Pictures of the fruit:



Apples



Apples are grown on trees in temperate climates with distinct seasons. They require well-drained soil and plenty of sunlight. Washington, New York, Michigan, Pennsylvania, and California are the top states for apple production.

Apple trees are typically grown from grafted nursery stock rather than seeds to ensure consistency in fruit quality and to maintain desired traits. Apple trees require ongoing care and maintenance, including pruning to shape the tree, promote fruit production, and manage tree size. Pest control measures, such as spraying insecticides or installing pheromone traps, may also be implemented. Most apple varieties require cross-pollination with another compatible variety to produce fruit. Growers often plant multiple varieties within the orchard to ensure adequate pollination. Honeybees are commonly used to facilitate pollination.

After pollination, the flowers develop into fruit which take several months to mature. Growers may thin the fruit to promote larger, higher-quality apples and prevent branches from breaking due to excessive fruit weight.

Apples are harvested in the late summer to fall when they reach optimal ripeness. They are typically picked by hand to avoid bruising and damage to the fruit. In some orchards, mechanical harvesting methods may be used for processing apples. After harvesting, apples are sorted and graded. Apples that do not meet quality standards are set aside for processing into other products such as juice or applesauce. Once sorted and graded, the apples are packed into containers for storage, transportation, and sale. Apples can be stored for several months in cool temperatures and high humidity before being distributed to markets or processing facilities.

Apples can be eaten fresh or cooked, or processed into various products such as applesauce, apple juice, cider, apple chips, preserves, and jams, or baked into pies, tarts, crisps, and cobblers. They are also used in salads, desserts, and savory dishes.

Low in calories and fat, apples are a good source of dietary fiber, vitamin C, potassium, and antioxidants. Consuming apples may help reduce the risk of chronic diseases such as heart disease, diabetes, and certain types of cancer. The fiber in apples can aid in digestion and promote a feeling of fullness.



<https://youtu.be/UWLMeh1HlBw?si=hZYeG-RuXmS3QNT>



Pears

Known for their distinctive bell shape, pears are categorized as European pears, which have a soft and buttery texture, or Asian pears, which are crisp and crunchy.

Pears are grown in temperate regions and require well-drained soil, adequate sunlight, and protection from frost and strong winds. Washington, Oregon, and California are the top pear-producing states. Pear trees are usually cultivated from dormant scion wood grafted onto rootstocks.

Most pear varieties require cross-pollination with another compatible variety to produce fruit. To ensure adequate pollination, growers often plant multiple pear varieties within the orchard. Bees and other pollinators visit pear blossoms, aiding in pollination. After pollination, the flowers develop into pears and take several months to mature. To promote larger, higher-quality fruit and prevent branches from breaking due to excessive fruit weight, growers may thin the fruit on the trees.

Pears are harvested when they reach optimal ripeness in late summer to early fall. Harvesting time depends on whether the pears are intended for immediate consumption or storage. Pears are usually harvested by hand using picking poles or mechanical harvesters. After harvesting, pears are sorted, graded, and packed in boxes or crates. They may be stored in cold storage facilities to maintain freshness and prolong shelf life before being distributed to markets, grocery stores, or processing facilities.

Pears can be eaten fresh, cooked, or preserved, added to salads, cheese boards, or sandwiches, baked, poached, grilled, or sautéed, used in desserts like pies, tarts, crisps, and cakes, or made into jams, preserves, and sauces.

Low in calories and fat, pears are a good source of fiber, vitamin C, vitamin K, potassium, and antioxidants. Consuming pears may improve digestion, heart health, and immune function. The high fiber content in pears supports digestive health and the antioxidants and vitamins contribute to overall well-being.



[https://youtu.be/qsMxNw6lvbQ?
si=saioddsOJWmvHKYb](https://youtu.be/qsMxNw6lvbQ?si=saioddsOJWmvHKYb)



Cherries



There are two main types of cherries—sweet cherries and tart cherries. Sweet cherries are typically eaten fresh and have a firm, juicy flesh with a mild, sweet flavor. Tart cherries, also known as sour cherries, are smaller and have a more acidic flavor.

Cherries grow best in temperate regions with a period of cold dormancy in winter followed by warm temperatures in spring and summer. Washington, California, and Oregon produce the most sweet cherries. Michigan, Utah, New York, and Wisconsin produce the most tart cherries. Cherries are typically cultivated from grafted nursery stock rather than seeds to ensure consistent fruit quality and characteristics. Cherry trees require well-drained soil, adequate sunlight, and protection from strong winds.

Cherries require cross-pollination with another compatible variety to produce fruit. Growers often plant multiple cherry varieties within the orchard. Honeybees are commonly used to facilitate pollination. After pollination, the flowers develop into cherries and take several months to mature.

Cherries are harvested when they reach full ripeness in late spring to early summer. They are often harvested by hand to avoid damage and are picked with their stem intact to preserve freshness and extend shelf life. In some orchards, mechanical shakers may be used to harvest the fruit.

After harvesting, cherries are sorted, graded, and packed into containers for storage, transportation, and sale. They are stored in cold storage facilities to maintain freshness and extend shelf life before being distributed to markets, grocery stores, or processing facilities.

Cherries are eaten fresh, cooked, or dried and can be added to salads, yogurts, trail mixes, granola, and desserts like tarts, pies, cobblers, and crisps. Tart cherries are used in pies, jams, sauces, syrups, and cherry juice.

Cherries are a good source of vitamin C, potassium, fiber, and antioxidants. They are associated with several health benefits due to their antioxidant and anti-inflammatory properties. Consuming cherries may help reduce inflammation, promote recovery after exercise, improve sleep quality, and support heart health.



<https://youtu.be/KZqyc6621j4?si=UpB9574sTnMF0HX3>



Oranges



Oranges are citrus fruits known for their high vitamin C content. There are numerous varieties of oranges including Navel oranges which are seedless and have easy-to-peel skin and Valencia oranges which have a high juice content.

Oranges are grown in subtropical and tropical regions and require a warm climate, plenty of sunlight, and well-drained soil. California, Florida, Texas, and Arizona are the top orange-producing states. Oranges are typically grown from seeds or cuttings in orchards or groves. Orange trees are pruned to help shape the trees, promote fruit production, and manage tree size. Growers may implement pest control measures such as spraying with insecticides or installing pheromone traps.

Most orange varieties are self-pollinating. Bees and other pollinators may visit orange blossoms, aiding in pollination. After pollination, the flowers develop into oranges and take several months to mature.

Oranges are harvested when they reach maturity in the winter months. The fruit is picked by hand using picking poles or using mechanical harvesters. They are sorted, graded, and packed in crates or boxes for storage, transportation, and sale. They may be stored in cold storage facilities to prolong shelf life before being distributed to markets, grocery stores, and processing facilities.

Oranges can be eaten fresh, juiced, used in cooking and baking, added to salads, made into marmalade, preserves, or jams, or used as a flavoring agent.

Low in calories and fat, oranges are a good source of vitamin C, vitamin A, potassium, fiber, and antioxidants. Consuming oranges may help boost the immune system, improve skin health, support heart health, aid digestion, and reduce the risk of chronic diseases such as cancer and diabetes.



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si=9AOZajY8hT3d6myg](https://youtu.be/PmqI-zeRJqM?si=9AOZajY8hT3d6myg)



Peaches



Peaches are stone fruits known for their fuzzy skin, sweet taste, and juicy flesh. Peaches are categorized as either clingstone or freestone based on how easily the flesh clings to the pit. Varieties also differ in terms of skin color, flesh color (yellow, white, or red), and flavor.

Peaches are grown in temperate regions and require well-drained soil, plenty of sunlight, protection from frost and strong winds, and cold temperatures during the winter for proper flowering and fruit set. California, South Carolina, and Georgia are the top peach-producing states. Peach trees are usually cultivated from dormant scion wood grafted onto rootstocks.

Most peach varieties are self-pollinating. Bees and other pollinators may visit peach blossoms, aiding in pollination. After pollination, the flowers develop into peaches and take several months to mature. To promote larger, higher-quality fruit and prevent branches from breaking due to excessive fruit weight, growers may thin the fruit on the trees.

Peaches are harvested when they reach optimal ripeness in the summer months. Peaches do not ripen well off the tree. They are typically hand-picked using picking poles to avoid bruising and damage to the fruit or mechanical harvesters are used. After harvesting, peaches are sorted, graded, and packed in crates or boxes for storage, transportation, and sale. They may be stored in cold storage facilities to maintain freshness and prolong shelf life before being distributed to markets, grocery stores, and processing facilities.

Peaches are eaten fresh, cooked, or preserved, added to salads, cereal, yogurt, or oatmeal, used in desserts like pies, cobblers, crisps, and tarts, and made into jams, preserves, salsas, and sauces.

Low in calories and fat, peaches are a good source of vitamin A, vitamin C, potassium, dietary fiber, and antioxidants. Consuming peaches may improve digestion, heart health, and immune function. The high fiber content in peaches supports digestive health and the antioxidants and vitamins contribute to overall well-being.



[https://youtu.be/pao-vlzJWJQ?
si=R63kBWjxQcyNEQnw](https://youtu.be/pao-vlzJWJQ?si=R63kBWjxQcyNEQnw)

Tree Fruit Facts

Fruit

Growth (Where)

Apples

Apples are grown in temperate climates with distinct seasons and require well-drained soil and plenty of sunlight. Most apple varieties require vernalization, exposure to cold temperatures during the winter months.



Growth (How)

Apple trees are typically grown from grafted nursery stock rather than seeds. Most apple varieties require cross-pollination with another compatible variety to produce fruit. It can take 3-6 months for the flowers to develop into apples and mature.

Harvest

Apples are harvested in the late summer to fall. Growers monitor color, size, firmness, and sugar content to determine when the apples are ripe and ready for harvest. They are typically picked by hand to avoid bruising and damage to the fruit.

Cherries

Cherries grow best in temperate regions with a period of cold dormancy in winter (vernalization) followed by warm temperatures. Cherry trees require well-drained soil, adequate sunlight, and protection from strong winds.



Cherries are typically grown from grafted nursery stock rather than seeds. Most cherry varieties require cross-pollination with another compatible variety to produce fruit. It can take 3-4 months for the flowers to develop into cherries and mature.

Cherries are harvested in late spring to early summer. They are often harvested by hand to avoid damage and are picked with their stem intact to preserve freshness and extend shelf life. In some orchards, mechanical shakers may be used to harvest the fruit.

Oranges

Oranges are grown in tropical and subtropical regions and require a warm climate, plenty of sunlight, and well-drained soil.



Oranges are typically grown from cuttings in orchards or groves. Most orange varieties are self-pollinating. After pollination, it can take 6-8 months for the flowers to develop into oranges and mature.

Oranges are harvested in the winter months. The fruit is picked by hand using picking poles or using mechanical harvesters.

Peaches

Peaches are grown in temperate regions and require well-drained soil, plenty of sunlight, protection from frost and strong winds, and vernalization, cold temperatures during the winter for proper flowering and fruit set.



Peach trees are usually grown from dormant scion wood grafted onto rootstocks. Most peach varieties are self-pollinating. After pollination, it can take 3-5 months for the flowers to develop into peaches and mature.

Peaches are harvested when they reach optimal ripeness in the summer months. Peaches do not ripen well off the tree. They are typically hand-picked using picking poles to avoid bruising and damage to the fruit or mechanical harvesters are used.

Pears

Pears are grown in temperate regions and require well-drained soil, adequate sunlight, and protection from frost and strong winds. Most pear varieties require vernalization, a dormancy period during the cold winter months.



Pear trees are usually grown from dormant scion wood grafted onto rootstocks. Most pear varieties require cross-pollination with another compatible variety to produce fruit. After pollination, it can take 3-7 months for the flowers to develop into pears and mature.

Pears are harvested when they reach optimal ripeness in late summer to early fall. Pears are usually harvested by hand using picking poles or using mechanical harvesters.

From Farm to You

Geography

Washington is the top state for apple production, followed by New York, Michigan, Pennsylvania, and California.

Washington, California, and Oregon produce the most sweet cherries. Michigan, Utah, New York, and Wisconsin produce the most tart cherries.

California is the top state for orange production, followed by Florida, Texas, and Arizona.

California, South Carolina, and Georgia are the top peach-producing states.

Washington is the top state for pear production, followed by Oregon and California.

Transport & Processing

After harvesting, the apples are sorted and graded based on factors such as color, size, shape, and blemishes. Once sorted and graded, the apples are packed into containers for storage, transportation, and sale. Apples can be stored for several months in cool temperatures and high humidity before being distributed to markets or processing facilities.

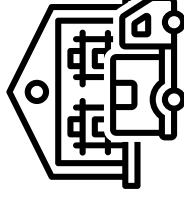
After harvesting, cherries are sorted, graded, and packed into containers for storage, transportation, and sale. They are stored in cold storage facilities to maintain freshness and extend shelf life before being distributed to markets, grocery stores, or processing facilities.

After harvesting, oranges are sorted, graded, and packed in crates or boxes for storage, transportation, and sale. They may be stored in cold storage facilities to prolong shelf life before being distributed to markets, grocery stores, and processing facilities.

After harvesting, peaches are sorted, graded, and packed in crates or boxes for storage, transportation, and sale. They may be stored in cold storage facilities to maintain freshness and prolong shelf life before being distributed to markets, grocery stores, and processing facilities.

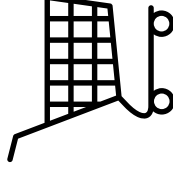
After harvesting, pears are sorted, graded, and packed into boxes or crates. They may be stored in cold storage facilities to maintain freshness and extend shelf life before being distributed to markets, grocery stores, or processing facilities.

Distributor



Fresh and processed products are sold in bulk quantities to a buyer who will distribute it to a retail store.

Store



Retail product is sold to consumers.

Products Made from Tree Fruits

Products

Apples can be eaten fresh, cooked, or processed into products such as applesauce, juice, cider, apple chips, preserves, and jams, and baked into pies, tarts, crisps, and cobbler.



Cherries are eaten fresh, cooked, or dried and can be added to salads, yogurts, trail mixes, granola, and desserts like tarts, pies, cobbler, and crisps. Tart cherries are used in pies, jams, sauces, syrups, and cherry juice.



Oranges can be eaten fresh, juiced, used in cooking and baking, added to salads, made into marmalade, preserves, or jams, or used as a flavoring agent.



Peaches are eaten fresh, cooked, or preserved, added to salads, cereal, yogurt, or oatmeal, used in desserts like pies, cobbler, crisps, and tarts, and made into jams, preserves, salsas, and sauces.



Pears can be eaten fresh, cooked, or preserved, added to salads, cheese boards, or sandwiches, baked, poached, grilled, or sautéed, used in desserts, like pies, tarts, crisps, and cakes, or made into jams, preserves, and sauces.



Nutrition

Low in calories and fat, apples are a good source of dietary fiber, vitamin C, potassium, and antioxidants. Consuming apples may help reduce the risk of chronic diseases such as heart disease, diabetes, and certain types of cancer. The fiber in apples can aid in digestion and promote a feeling of fullness.

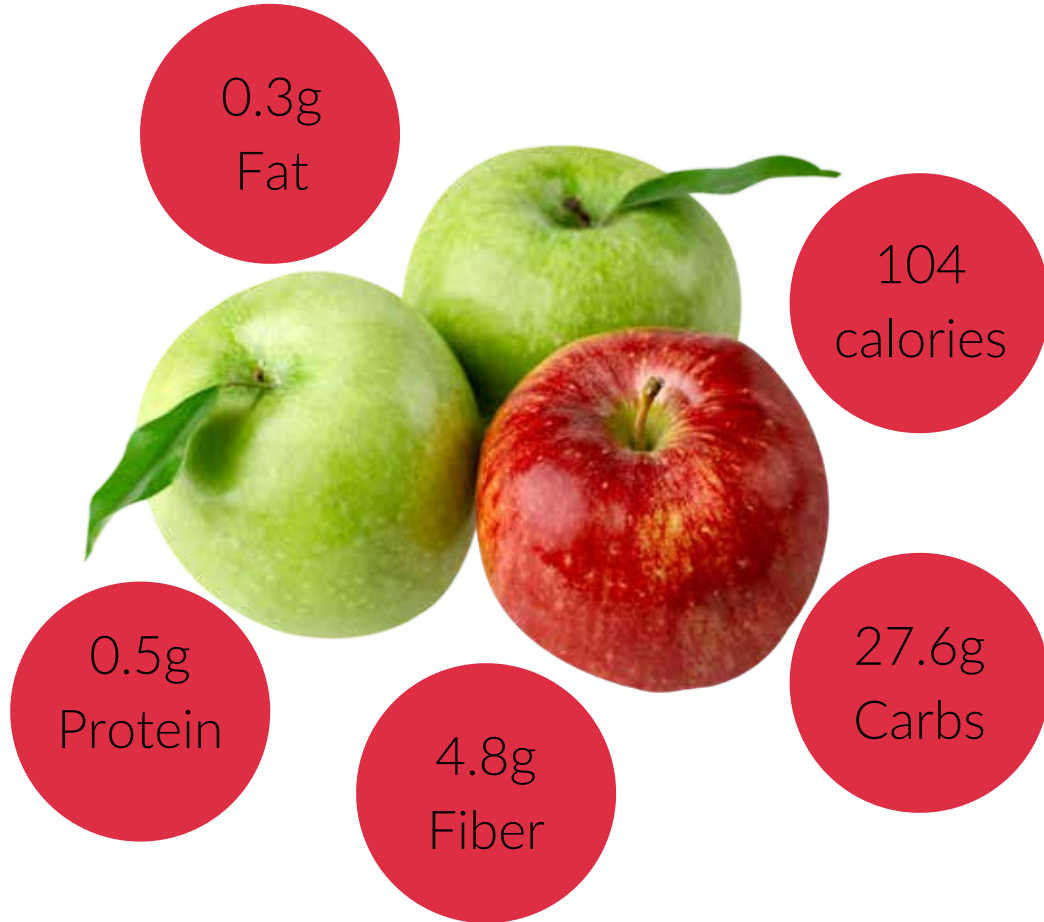
Cherries are a good source of vitamin C, potassium, fiber, and antioxidants. They are associated with several health benefits due to their antioxidant and anti-inflammatory properties. Consuming cherries may help reduce inflammation, promote recovery after exercise, improve sleep quality, and support heart health.

Low in calories and fat, oranges are a good source of vitamin C, vitamin A, potassium, fiber, and antioxidants. Consuming oranges may help boost the immune system, improve skin health, support heart health, aid digestion, and reduce the risk of chronic diseases such as cancer and diabetes.

Low in calories and fat, peaches are a good source of vitamin A, vitamin C, potassium, dietary fiber, and antioxidants. Consuming peaches may improve digestion, heart health, and immune function. The high fiber content in peaches supports digestive health and the antioxidants and vitamins contribute to overall well-being.

Low in calories and fat, pears are a good source of fiber, vitamin C, vitamin K, potassium, and antioxidants. Consuming pears may improve digestion, heart health, and immune function. The high fiber content in pears supports digestive health and the antioxidants and vitamins contribute to overall well-being.

Apple Nutrition Facts



One medium-sized apple (200g) provides 104 calories, 27.6 grams of carbohydrates, 4.8 grams of fiber, 0.5 grams of protein, 0.3 grams of fat, and 20.8 grams of sugars. Apples are a good source of potassium and beta carotene.

- Calories: 104
- Fat: 0.3g
- Carbohydrate: 27.6g
- Fiber: 4.8g
- Sugars: 20.8g
- Protein: 0.5g

Apple Health Benefits



Promotes Heart Health

Apples are low in sodium and high in potassium, which helps prevent dangerous elevations in blood pressure. Apples are a good source of fiber, which is known to lower cholesterol levels. Apples also contain numerous anti-inflammatory compounds that reduce the overall risk of heart disease.



May Support Weight Loss

Apples contain soluble fiber, which can have a filling effect and reduce cravings. The high water content in apples helps satisfy your appetite while boosting vitamin intake and without overdoing it on calories.



Regulates Blood Sugar

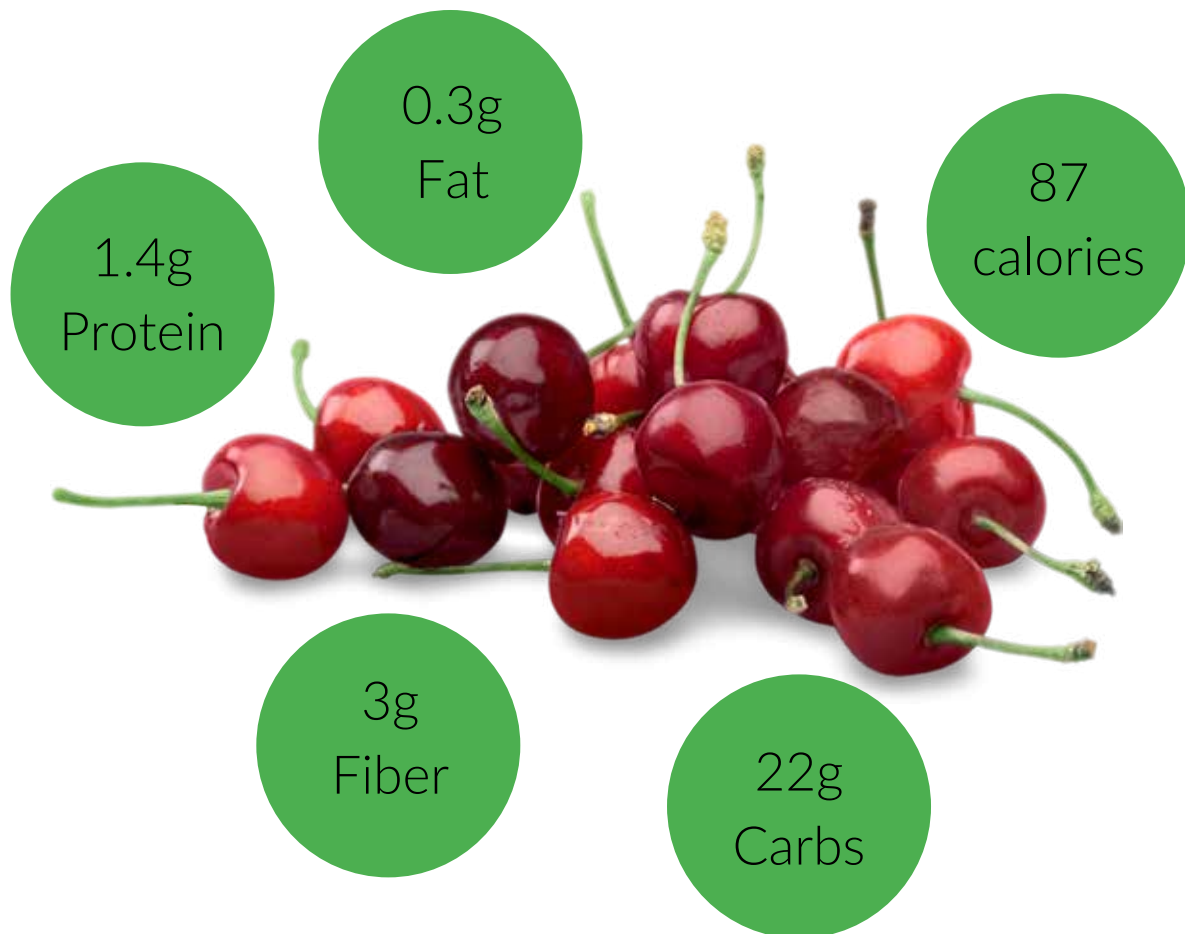
The fiber in apples helps to slow down digestion, which prevents a rapid rise in blood sugar levels after eating. Eating whole apples with the skin provides the most fiber.



May Reduce Asthma Symptoms

Apples contain the antioxidant quercetin, which suppresses inflammation and reduces the severity of food allergies and respiratory issues.

Cherry Nutrition Facts



One cup of cherries (138g) provides 87 calories, 22 grams of carbohydrates, 3 grams of fiber, 1.4 grams of protein, 3 grams of fat, and 17.7 grams of sugars. Cherries are a good source of vitamin C, potassium, calcium, magnesium, iron, and folate.

- Calories: 87
- Fat: 0.3g
- Carbohydrate: 22g
- Fiber: 3g
- Sugars: 17.7g
- Protein: 1.4g

Cherry Health Benefits

Aids Heart Health

Cherries have anti-inflammatory effects and high potassium content which can reduce blood pressure levels. The fiber in cherries can have cholesterol-lowering effects.



Reduces Muscle Soreness

Cherries have antioxidant and anti-inflammatory properties which can help alleviate soreness and shorten recovery time.



Supports Memory Functions

Cherries contain flavonoids and anthocyanins which protect the brain from oxidative damage due to aging, environmental stressors, and chronic medical issues.

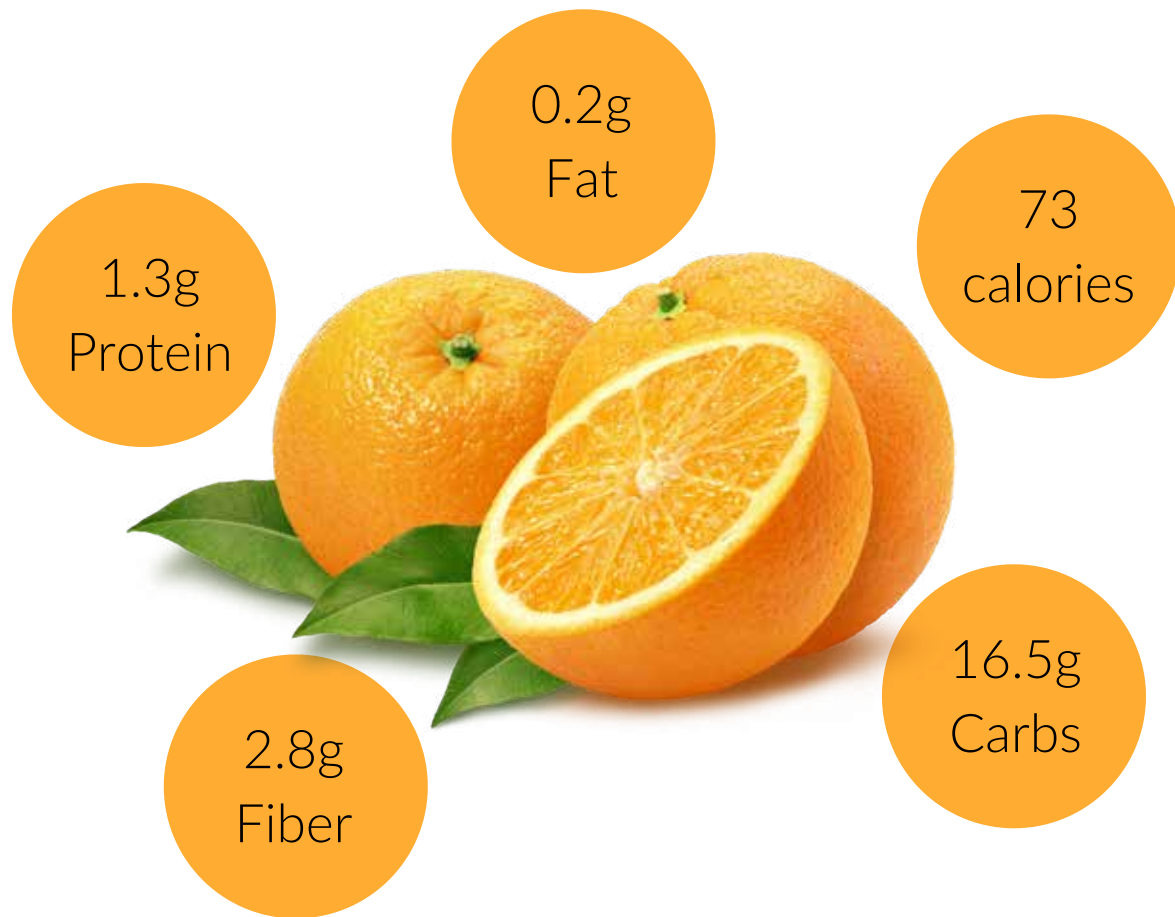


May Lower Risk of Cancer

Cherries contain antioxidants, vitamin C, and fiber which can reduce the risk of several forms of cancer.



Orange Nutrition Facts



One navel orange (140g) provides 73 calories, 16.5 grams of carbohydrates, 2.8 grams of fiber, 1.3 grams of protein, 0.2 grams of fat, and 12 grams of sugars. Oranges are an excellent source of vitamin C and provide calcium, potassium, thiamin, and folate.

- Calories: 73
- Fat: 0.2g
- Carbohydrate: 16.5g
- Fiber: 2.8g
- Sugars: 12g
- Protein: 1.3g

Orange Health Benefits

Promotes Heart Health

Oranges are rich in fiber, which helps with maintaining a healthy weight and lowers the risk of heart disease, diabetes, and some types of cancer. Oranges also contain phytonutrients that can lower the risk of cardiovascular disease.



Helps Lower Blood Pressure

Oranges are a good source of vitamin C and potassium, which can help lower blood pressure.



Offers Antioxidant Properties

Oranges contain vitamin C which is an antioxidant that is important in the production of the proteins needed to keep skin youthful. It also plays a role in protecting cells from damage, cell repair, and wound healing.



Lowers Risk of Cataracts

Oranges contain thiamin which decreases the risk of developing cataracts, a clouding of the normally clear lens of the eye.

Peach Nutrition Facts



One small peach (130g) contains 51 calories, 12g of carbohydrates, 2g of fiber, 1.2g of protein, 2g of fat, and 10.9g of sugar. Peaches are a rich source of carbohydrates and fiber and contain vitamins C, A, and K and thiamin, niacin, and riboflavin..

- Calories: 51
- Fat: 2g
- Carbohydrate: 12g
- Sugars: 10.9g
- Protein: 1.2g
- Fiber: 2g

Peach Health Benefits

May Help Fight Inflammation

Peaches are rich in antioxidants which can destroy free radicals that can lead to heart disease, stroke, cancer, and other chronic inflammatory diseases.



Can Reduce Risk of Certain Diseases

Peaches are a good source of fiber, which is important for removing cholesterol from the body, promoting bowel health, increasing the feeling of fullness, and can help stabilize blood sugars.

Aids Vitamin A Production

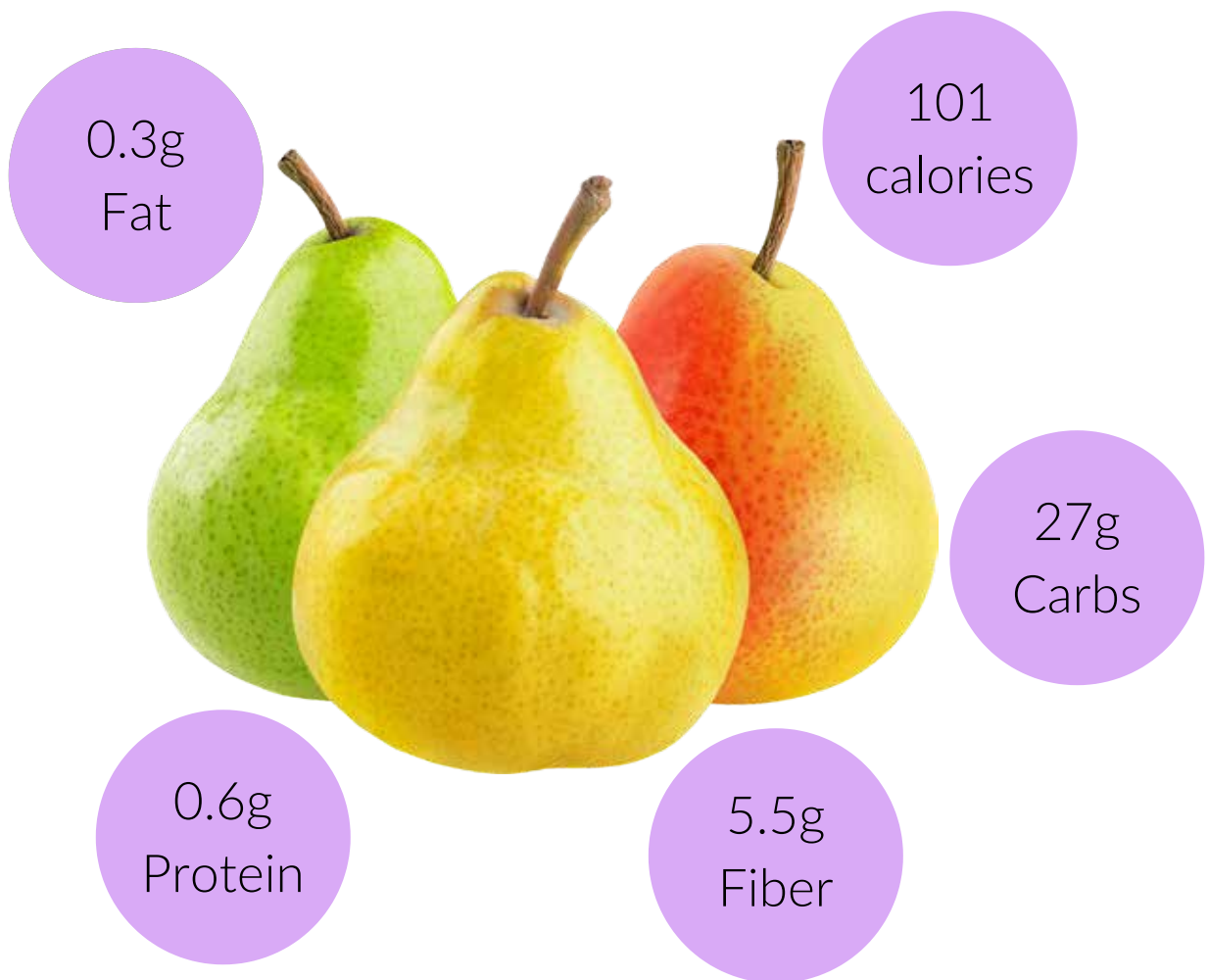
Peaches contain carotenoids, which the body can synthesize into vitamin A. Vitamin A is essential for normal vision and immune health.



Helps Fight Obesity-Related Diseases

Peaches contain bioreactive compounds that may inhibit obesity-related diabetes and cardiovascular disease due to its ability to reduce LDL cholesterol, obesity, and inflammation related to metabolic syndrome.

Pear Nutrition Facts



One medium-sized pear (178g) contains 101 calories, 27g of carbohydrates, 5.5g of fiber, 0.6g of protein, and 0.3g of fat. Pears are an excellent source of fiber, vitamin K, and potassium.

- Calories: 101
- Fat: 0.3g
- Carbohydrate: 27g
- Protein: 0.6g
- Fiber: 5.5g
- Sugars: 17g

Pear Health Benefits

Helps Repair Cells

Pears contain vitamin C, which is important for cell growth and repair, prevents oxidative damage, supports immune function, aids in the healing of cuts and bruises, and protects against infectious diseases.



Lowers Risk of Chronic Disease

Pears are high in fiber, which can improve digestive health and reduce the risk of developing coronary heart disease, stroke, hypertension, diabetes, and some gastrointestinal diseases.



May Lower Risk of Diabetes

Pears contain phytonutrients that may help improve insulin sensitivity and reduce the risk for type 2 diabetes.



May Promote Gut Health

Pears are an excellent source of soluble and insoluble fiber, which are essential for digestive health. Pears are also rich in pectin, which is associated with improved gut health and immune functions.



Tree Fruit Nutrition Comparison

	Apples	Cherries	Oranges	Peaches	Pears
Serving Size					
Calories					
Fat					
Protein					
Fiber					
Carbohydrate					
Sodium					
Sugars					
Vitamin C					