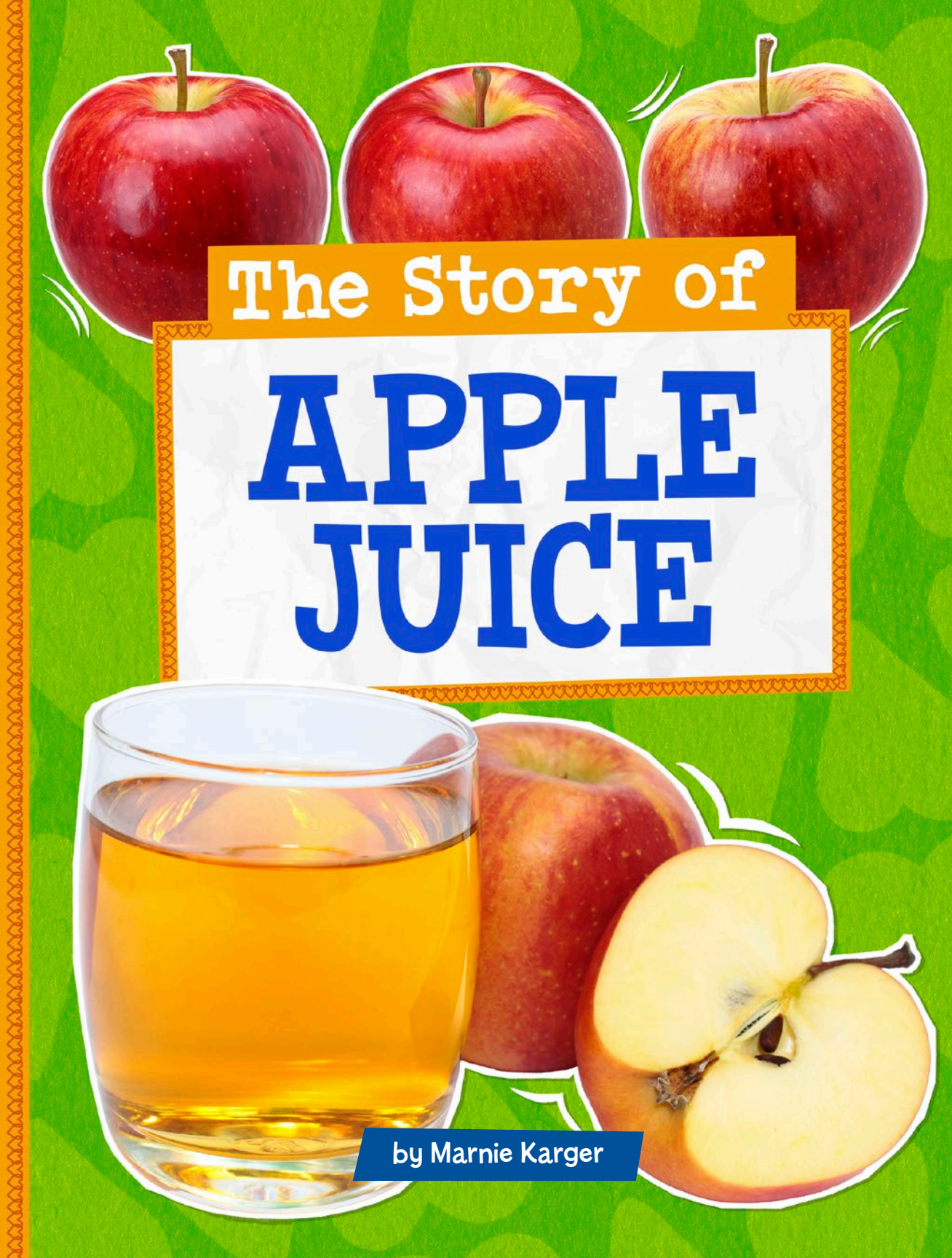

The Story of
APPLE JUICE
by Marnie Karger

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For Review Only

Words in **bold** appear in the glossary.

From Tree to Cup

Apple juice is a sweet drink that lots of people like. In the United States, each person drinks about 1.7 gallons (6.4 liters) of apple juice per year!



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It seems simple, but do you know how apple juice gets from the apple tree to your cup? The answer might surprise you. Let's find out how apple juice is made.

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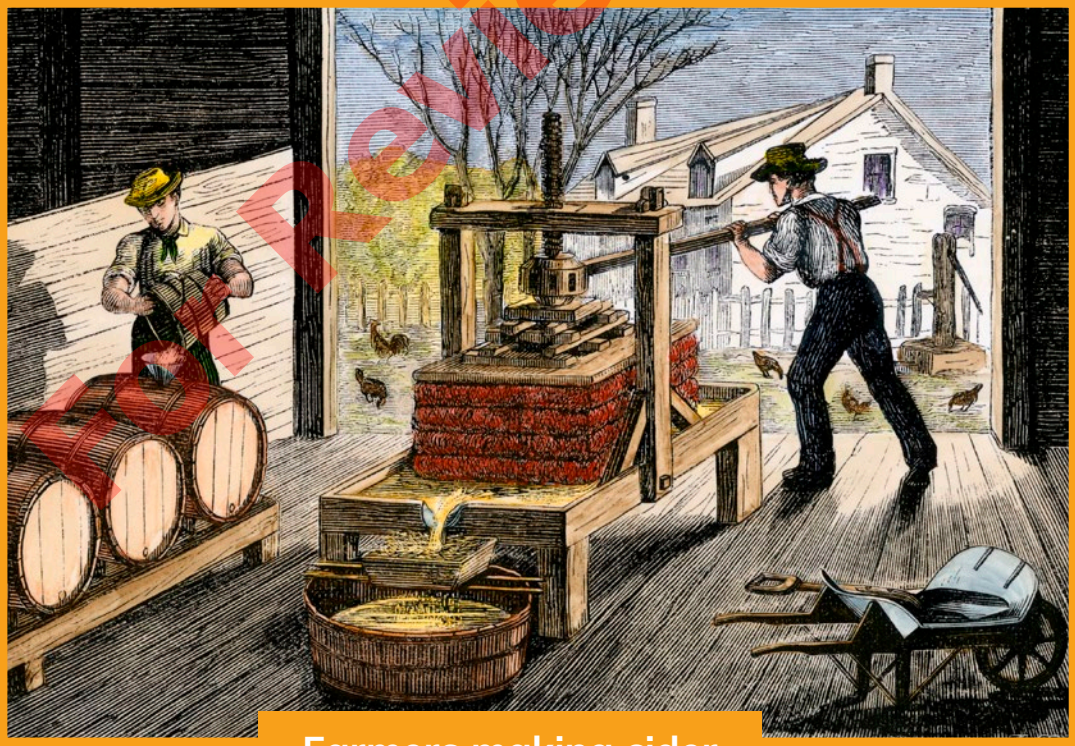
The Apple's Trip Around the World

Apples have been around for a very long time. People started growing apples in Asia thousands of years ago. Just like today, people long ago loved to eat apples right off the tree.

But sometimes apples got **bruised**, or there were just too many. What to do with all those apples? Make apple juice!

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Back then, there was no way to keep juice fresh for long. So most of the juice was turned into a kind of **alcohol** called cider. This kept it from going bad. But it wasn't good for children to drink.



Farmers making cider

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Apple pickers in the 1800s

In 1868, a man named Stephano Martinelli started making fresh apple juice in California. Around the same time, a company called Mott's also began making apple juice. As long as the juice was kept cold, it stayed fresh for a few days.

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Mott's and Martinelli's helped apple juice become a popular drink for people of all ages! Both companies still sell apple juice and many other apple products today.



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Squeeze!

Have you ever tried to squeeze a fresh apple? It's hard! Apples are firm and crisp. They don't squish like oranges or grapes.



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It takes about three apples to make a cup of apple juice. That would be hard to do by hand! So how is apple juice made?

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Make Your Own Apple Juice

Use leftover apple pieces to make this sweet, simple drink.

What You Need:

- a grown-up to help
- peels and cores (with seeds removed) from 3 apples
- a saucepan
- a large spoon or ladle
- 5 cups of water
- a mesh strainer
- a large bowl or pitcher
- ¼ cup white sugar



What You Do:

1. Put the apple pieces and water into a saucepan. Heat on the stove until it boils.
2. Reduce the heat to a simmer and stir often, until the mixture turns pink (about 30 minutes).
3. Pour the mixture through the strainer into the bowl or pitcher. Discard the apple pieces in a compost, garden, or garbage.
4. Add the sugar to the mixture. Stir until it dissolves.
5. Let the mixture cool for at least 30 minutes, then pour into a cup and enjoy! Keep leftover juice refrigerated for up to two days.

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