

# How to Choose an Apple?

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Picture source:

<http://knowledge.wharton.upenn.edu/article/how-apple-can-combat-slown-growth/>

Apple is the fruit that has shown up many times in either mythology or modern life that directs the development of mankind. It is the object which caused us to fall to Earth, the symbol that leads to the Trojan War, the fruit that led to the founding of gravity, and the icon of one popular electronic device company. You may find it curious that there are so many anecdotes that are related to apples. Humans also have proverbs related to apples, one of the famous ones is "One apple a day, keep doctors away." It is proven that Apple is healthy for people, and we constantly take in the apple in our daily life, we eat apples, drink apple cider, and also make apple pie. Whenever you walked into a green grocery, you could find hundreds of apples on the shelves, if you want to pick one from those, how should you choose an apple that would be the best for you? How the mythology and legends have instructed you on choosing apples?

First and foremost, mankind has fallen to Earth due to Adam and Eve being seduced and eating an apple that represents knowledge and wisdom. Apple is the fruit of wisdom, but it is also the fruit of our original sin. It is ok to choose the biggest and reddest apple from a pile to eat and enjoy the good taste, but red oftentimes marks the dealer has sprayed wax on the fruit to make it looks enjoyable to eat. Big apples also mean that farmers probably used chemicals while planting the apple tree to make more money using big apples. Remember, do not be attracted by the appearance of the apple, the good-looking one is not usually the best.

In addition, the apple is the symbol that leads to the Trojan War. As the goddess of Discord was not welcomed to the marriage of Peleus and Thetis, she left an apple at the party that was supposed to be given to the most beautiful woman. Hera, Athena, and Aphrodite claimed the apple and eventually, due to Paris, a young man that has been bribed by Helen, the most beautiful woman, gave the apple to Aphrodite. However, Helen was married and her husband started the war in Trojan. Apple is such a dangerous fruit, and it even led to one of the most important warfare in Greek Mythology. Apple is related to beauty in the story, but can we choose apple based on its beautiful appearance in real life? No! Those apples with a smooth surface are usually sour. If you want to eat a sweet apple, choose the one with an uneven surface.

Moreover, the apple that fell on Isaac Newton's head led him to discover gravity. You may start wondering, how could such a scientific anecdote show you when buying apples in the real world? It is only barely related to the fruit after all. Let's think about it from another perspective. When you compare two apples that have the same size, shape, and color, the heavier one means the fruit is more tasteful, because the heavier one contains more sweet water whereas the lighter one often contains dry and tasteless flesh.

Last but not least, a company called Apple has nearly dominated the selling of electronic devices in recent years. Steve Jobs, one of the most brilliant minds of the 20th century, started the company and developed user-friendly cell phones, personal laptops, as well as musical devices. The reason there is a bite on the icon of Apple is that it successfully distinguishes an apple from a cherry, according to the founder of the company. Despite the bite, the apple has a circular and even shape, which could be referenced when we choose apples in the real world. Do not choose the apple that looks defective or has bumps on its surface, because it could not be well-preserved and does not have good taste.

As you can see, anecdotes about apples often provide us with several instructions when choosing an apple to eat. Remember not to choose the biggest and reddest apple. Touch the apple and buy the ones with small pits on the surface. Also always keep in mind to choose heavy and circular ones. In

such a way, you could choose an apple that has good taste. Be sure to enjoy the apples you choose and keep healthy by eating an apple every day.