

Harvest of the Month

Local Apple

Calories

95

Total Fat

0g

1
apple

Sodium

2mg

Sugars

19g

FUN FACTS:

In the U.S., apples are the second most popular fruit (bananas are #1). Americans eat an average of 120 apples each year.

We have over 2,500 varieties from which to choose. They come in all shades of red, green and yellow. Golden Delicious, Red Delicious, Fuji and Granny Smith are available year around.

Apples range in size from as small as a cherry to as big as a grapefruit (one weighed 3 pounds!).

Many of the valuable nutrients in an apple are in the peel or just under the peel.

This institution is an equal opportunity provider.

