

Apples





Apples

SHOPPER'S TIPS

- Look for apples that are firm and do not have soft spots.
- Avoid apples with broken or bruised skin.

FUN FACTS!

- 2,500 apple varieties are grown in the United States.
- The legendary Johnny Appleseed was a real man who roamed the land planting apple trees for nearly 50 years so that people would never go hungry.

WHAT IS IN IT FOR YOU?

A medium-sized apple is:

- A source of fiber and vitamin C.

SERVING IDEAS

- Dip apple slices into peanut butter for a quick snack.
- Mix apple chunks and raisins with your morning oatmeal.

PEAK SEASON

California grown varieties, available from late summer to early winter, may be fresher and cost less than varieties shipped from other regions.

STORAGE

Apples can be stored at room temperature, but they will last up to six weeks if refrigerated. Do not refrigerate apples in closed bags.