

Apple



Nutrition:

- **Apples have a lot of fiber and vitamin C, and are free of fat, sodium, and cholesterol.**
- **Fiber makes you feel full faster, helps your stomach to digest better, and helps you go to the bathroom easier.**

Did you know?

- **There are more than 7,500 varieties of apple in the world!**
- **Apple trees take 4 – 5 years to produce their first fruit. Bees must pollinate the flowers for them to produce fruit.**
- **The United States is one of the top apple producing countries, and we grow more than 2,500 varieties!**
- **The largest apple ever picked weighed 3 pounds.**
- **Apples are a member of the rose family.**

More:

- **Store your apples in the refrigerator to stay fresh. Apples ripen (soften) 10x faster at room temperature.**
- **The peel of the apple contains the fiber, by eating the whole fruit you get the most nutritional benefit!**
- **Dip sliced apple in fruit juice (i.e. lemon, orange) to prevent browning.**

October is the last of the harvest season for many North American apple varieties. Check out these recipes for some great ideas on how to take advantage of the abundance of apples!

[Apple Dip](#) or [Pumpkin Apple Butter](#)