

Fresh Fruit & Vegetable Program: June 2023

Featured Fresh Fruit: **HONEYCRISP APPLES**



Health Benefits:

1. High in antioxidants – skin, brain health, and fights off cancer
2. Vitamin C – immune system and healing
3. Eat the skin! Contains fiber and flavonoids



Fun Facts:

1. Honeycrisp apple cells are larger than those of most apples. That's how it got to be so explosively crunchy and extra sweet!
2. Over 2,500 varieties of apples are grown in the United States!
3. It takes 2 pounds of apples to make a 9-inch apple pie!

