



OCTOBER

**HARVEST
OF THE
MONTH**

QUICK FACTS

APPLES



- Apples are the official state fruit of NY.
- NY is the #2 apple producing state in the country.
- The average NY apple harvest is about 1.2 billion pounds per year.
- Cornell University in NY has developed several new apple varieties that have become popular favorites.
- Most apples are still picked by hand!

NUTRITION & BENEFITS

- 🍏 **Low Calorie, Nutrient Dense** - ~95 calories per medium apple
- 🌿 **High in Fiber** - 4 g per medium apple; supports digestion & satiety.
- 🍊 **Vitamin C Source** - ~9 mg per medium apple; supports immunity & collagen.
- ❤️ **Heart Health** - Pectin (a soluble fiber) may help lower LDL cholesterol.
- 🛡️ **Antioxidants & Polyphenols** - Compounds like quercetin protect cells from oxidative stress.
- 🦠 **Gut Friendly** - Fiber acts as a prebiotic, feeding healthy gut bacteria.