



# LADY ALICE APPLES

## DID YOU KNOW?

- Lady Alice apples are a medium to large-sized varietal, averaging 7 to 9 centimeters in diameter, and have a round appearance with a squat nature, slightly flattened on the shoulders and base with some ribbing.
- Lady Alice apples are a source of vitamin C to strengthen the digestive tract, vitamin A to maintain healthy organ functioning, and iron to develop the protein hemoglobin for oxygen transport through the bloodstream.

## FUN FACT!

Lady Alice apples are named after Alice Zirkle, the matriarch of the family who founded the Rainier Fruit Company in Washington. .



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