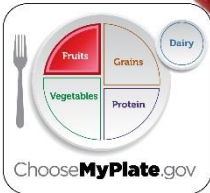


Apples



NUTRITION NOTES

- A small apple (2 ¼" diameter) counts as 1 cup of fruit.
- Apples are high in **fiber** (*helps with digestion*), **vitamin C** (*helps the body absorb iron*) and various antioxidants.
- Apples are very filling and low in calories. Most apples do not have more than 95 calories.

October is National Apple Month!

An apple's size, shape and color depend on the variety. Georgia grows many varieties from the month of July through December. Apples are crunchy, delicious and nutritious!

USES AND TIPS

Choose firm, shiny, smooth-skinned apples with intact stems. An apple should smell fresh, not musty.

Refrigerate apples in a plastic bag away from strong-odored foods. Use within 3 weeks.

Fresh apples are a convenient, healthy snack. Add sliced or chopped apples to oatmeal or quick breads, or to salads and slaws.

SHAKE IT UP! SHAKE IT UP! SHAKE IT UP! SHAKE IT UP!



Did you know?

Apples grow on trees.

Apples have five seed pockets.

Apple trees originated in Central Asia and were brought to North America by European colonists.

There are 2500 varieties of apples grown in the United States and 7500 worldwide.

Apples are a member of the rose family.

The first apple tree planted in the USA was planted by the Pilgrims. Apples are now grown in each of the 50 states.

Apples float because 25% of their volume is air!

For more on the Harvest of the Month program and farm to school, visit the Georgia Farm to School Toolkit at <http://gafarmtoschool.org/>.



- North Georgia is the center of the state's apple industry.
- Georgia apples are sold primarily for the fresh market, unlike other states.
- Ellijay, in Gilmer County, is known as the apple capital of the state.
- There are an estimated 360,000 apple-bearing trees in Georgia.
- In 2016, the top 3 apple-producing counties in Georgia by value were Gilmer, Fannin and Hall.

Georgia Department of Education School Nutrition Program

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