

**Today the
Fresh Fruit
and Vegetable
Program presents
to you...**

Apples

What are they?

- ◆ There are 2,500 varieties of apples grown in the U.S.
- ◆ Apples have a thin skin that can range in color from red to green to yellow
- ◆ Their inside flesh can range from soft to crisp and ranges in color from white to cream/light yellow
- ◆ Depending on the variety, apples come in many different flavors ranging from tart to sweet

When are they available?

- ◆ Harvested fresh in the Midwest mid-July through mid-October
- ◆ Local apples are available from storage usually from October to January depending on the year

What's so cool about them?

- ◆ After an apple tree is planted it takes 4-5 years before apples are produced
- ◆ The average apple tree can produce enough apples to fill 20 forty-two pound boxes
- ◆ The largest apple ever picked weighed three pounds
- ◆ Next to oranges, apples are the most valuable fruit grown in the U.S.
- ◆ To make one gallon of apple cider you need at least 36 apples
- ◆ The average American eats 16.9 pounds of fresh apples a year according to a 2005 study

Why should I eat them?

- ◆ Be sure to eat the skin because that is where most of the nutrition is
- ◆ Good source of...
 - ◇ Fiber, which helps lower bad cholesterol and promotes digestion
 - ◇ Vitamin C, which helps boost your immune system and promote wound healing and collagen formation

Need some recipe ideas?

- ◆ Homemade Applesauce
- ◆ Apple Raisin Tossed Salad

Resources:
Deacon, D. *Seasonal availability of Wisconsin produce* [PDF document]. Retrieved from http://www.farmfresh.org/pdf/produce_calendar.pdf
Dole Nutrition Institution. (2005). *What you need to eat every day & why* [Brochure]. Westlake Village, CA: Dole Food Company.
The World's Healthiest Foods. (2013). Apples. *The George Mateljan Foundation*. Retrieved from <http://www.whfoods.org/genpage.php?name=foodspice&bid=15>
United States Department of Agriculture. (April 2009). *Household commodity fact sheet: Apples, fresh*. Retrieved from http://www.fns.usda.gov/fdd/facts/hhpfacts/New_HHPFacts/Fruits/HHFS_APPLES_FRESH_F510-515_Final.pdf
United States Department of Agriculture (USDA). (December 7th, 2011). *National Nutrient Database for Standard Reference*. Retrieved from [http://ndb.nal.usda.gov/Wolford, R. & Banks, D. \(2013\). Apples and more. University of Illinois Board of Trustees. Retrieved from <http://urbanext.illinois.edu/apples/default.cfm>](http://ndb.nal.usda.gov/Wolford, R. & Banks, D. (2013). Apples and more. University of Illinois Board of Trustees. Retrieved from http://urbanext.illinois.edu/apples/default.cfm)



Created By:
Kara Helget, Food Service Intern
Collaboration With:
Judi Smith, Food Service Director

This institution is an equal opportunity provider.

Nutrition Facts

Serving Size 1 cup sliced raw apples

Amount Per Serving

Calories 57 Calories from Fat 2

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 1mg 0%

Total Carbohydrate 15g 5%

Dietary Fiber 3g 10%

Sugars 11g

Protein 0g

Vitamin A 1%

Vitamin C 8%

Calcium 1%

Iron 1%

*Percent Daily Values are based on a 2,000 calorie diet.