

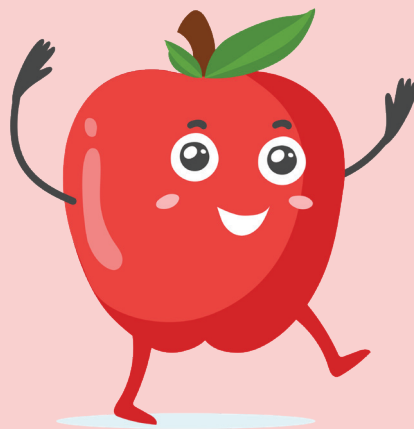
# Apple

Harvest of the Month Newsletter | October



## FUN FACTS

- Pennsylvania produces 400 to 500 million pounds of apples per year and ranks fourth in the nation for apple production.
- The majority of apple production in Pennsylvania is centered in the southcentral part of Pennsylvania, but apples are grown throughout the Commonwealth.
- About one third of the state's apple crop is sold fresh. The remainder is sold for processing to make products such as cider, juice, applesauce, and apple pies.



## GOOD FOR YOUR BODY

Apples are a great source of fiber, which helps you feel full and keeps your digestive system working well. Keep the peel on for the most fiber! A good source of vitamins, apples provide 14% of your daily vitamin C intake! They also provide potassium, beta carotene, and folate.



## HARVEST SEASON

Apples are available year-round in Pennsylvania. They are typically harvested from July through October.

## TASTY TIPS

- Good quality apples are firm, with smooth, clean skin that is free of blemishes.
- Wash apples under cold, running water prior to serving.
- Store apples at room temperature for up to a week, or store them in the refrigerator for up to three months
- Avoid apples with soft or dark spots and ones that have rough and scab-like conditions on the stem end.
- Dip an apple in any nut or seed butter for a healthy, delicious, protein-rich snack!



Developed by the Pennsylvania Department of Education and Penn State University (Project PA).