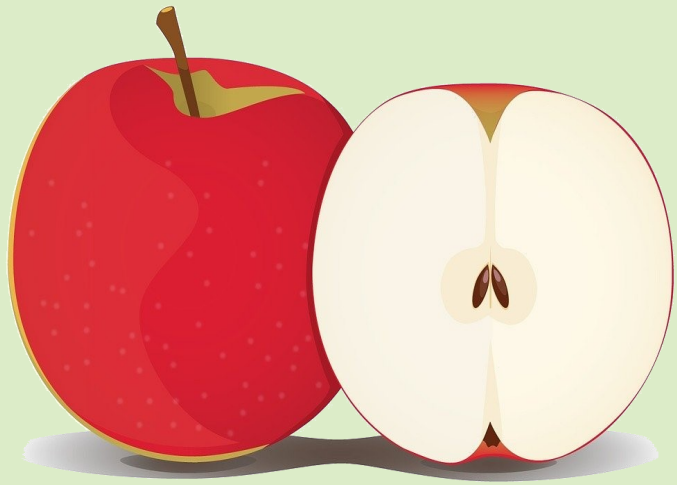


APPLES

This institution is an equal opportunity provider. Funded by the USDA Supplemental Nutrition Assistance Program (SNAP).



GENERAL INFORMATION

Did you know: There are over 7500 varieties of apples grown in the world and over 2500 varieties grown in the U.S.

In season: Peak season is from September to November.

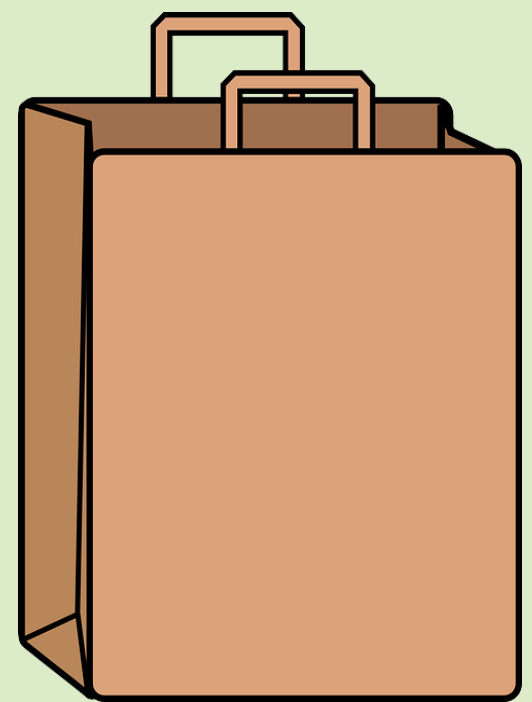
Key nutrients: Vitamin C and beta-carotene and dietary fiber.

HOW TO SHOP

What to look for: Choose firm, shiny smooth-skinned apples with intact stems.

Methods of preparation: Peeling, coring, cutting, and slicing.

Storage: Refrigerate in a plastic bag away from foods with strong odors. Use within 3 weeks.



RECIPE IDEAS

- Try baked apples
- Applesauce
- Apple butter
- Apple slaw
- Apple pancakes

