

Apples

Apples are fruit that grow on trees. There are several varieties of apples including honeycrisp, granny smith, gala, fuji, pink lady, and more.



How Could I Use This?

- Make applesauce
- Dip sliced apples in peanut butter or another nut butter as a snack
- Add to a Thanksgiving stuffing
- Add to fruit salsa
- Make an apple chutney to top a pork chop or chicken
- Add to a smoothie
- Add to a fruit salad
- Add chopped apples to a salad with greens
- Make a pie
- Make an apple crisp
- Make cinnamon apple muffins

Why Should I Eat This?

Apples are a good source of potassium, which helps with muscle movements and keeps your heart healthy. They also contain vitamin C, which helps heal cuts and wounds. Apple skins are a good source of fiber which helps with digestion.

Proper Storage

Store apples at room temperature in the pantry or cupboard for up to three weeks or in the refrigerator for up to six weeks.

Make a Good Selection

Choose firm, shiny, and smooth-skinned apples. Avoid apples with shriveled skins, bruises, or worm holes. Scarring in the skin of the apple is fine.

What is the Seasonal Availability of This Item?

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
HARVEST							✓	✓	✓	✓	✓	
MARKET							✓	✓	✓	✓	✓	



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