

--OCTOBER 19--

CRUNCH INTO A LOCAL APPLE!







"An apple a day keeps the doctor away"



Fiber

Improves gut health and makes you feel full



Vitamin C

Strengthens immune system



Antioxidants

Fight against heart disease and cancer



Quercetin

Phytochemical that improves brain health

Apple facts

- Apple trees can live 100 years
- Over 2500 different types of apples are grown in the USA
- An average apple contains 10 seeds
- The science of growing apples is called pomology
- Apples float because they are 25% air
- On average, a person eats 65 apples a year
- Apples are a great source of fiber

