



HARVEST OF THE MONTH

Apples



- More than 2,500 varieties of apples are grown in the United States.
- Apples contain no fat, sodium or cholesterol and are a good source of fiber.
- Apple trees take four to five years to produce their first fruit.
- Apple varieties range in size from a little larger than a cherry to as large as a grapefruit. The largest apple ever picked weighed 3 pounds.
- Apples are a member of the rose family.



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