

FRESH FEATURE

Apples



IN SEASON: Although most commonly thought of as a fall fruit, apples are in season from June to November.

KNOW THE NUTRITION: One large apple contains around 130 calories, which are packed full of vitamins and minerals. Apples provide 20% of the recommended daily value of dietary fiber and 8% daily value of vitamin C, both of which support a healthy immune system to help avoid illness.

FUN FACT: The United States produces around 2,500 varieties of apples. A fourth-grade class at Woodlawn Elementary School in Woodlawn, Ill., chose the Goldrush apple as the state fruit following a research project on the fruit.