

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.

FRESH FEATURE

Asparagus



IN SEASON: Asparagus are available year round, yet their crops are harvested from February to June. Spring is their best season.

KNOW THE NUTRITION: Asparagus can be considered a spring superfood because of its nutrient dense contents. It provides a variety of vitamins and minerals with minimal calories. A half cup of asparagus is only 20 calories.

FUN FACT: One of the most popular varieties of green asparagus is named after Martha Washington, the wife of our first president, George Washington.