

Lady Alice Apples

Did you know?

- There are ~2,500 known types of apples grown in the United States alone.
- The Lady Alice apple originated in the 1970s and is available mid-winter through early spring.
- Lady Alice apples tend to be round and squat in shape.
- Apples are a good source of fiber and vitamin C. Unpeeled apples have twice as much fiber as peeled apples- so keep the peel on!



Sources

- <https://www.fruitsandveggiesmorematters.org/crisp-fall-apples>
- http://www.specialtyproduce.com/produce/Lady_Alice_Apples_11887.php