

# Red Apples

## *Did you know?*

- There are ~2,500 known types of apples grown in the United States alone.
- Apple season begins in late August or early September and lasts through November.
- Because apples keep well in cold storage, they are available year-round.
- 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>
- <https://www.stemilt.com/recipes/>