

# Harvest of the Month

Apple

Calories

95

Total Fat

0g

Sodium

2mg

1

Sugars

19g

## FUN FACTS:

There are 2,500 varieties of apples in the U.S. and over 7,500 varieties throughout the world. The crabapple is the only apple native to North America.

Apples range in size from as small as a cherry to as big as a grapefruit. The largest apple ever picked weighed 3 pounds!

Many of the valuable nutrients in an apple are in the peel or just under the peel.

It takes 36 apples to make a gallon of apple cider.

25% of an apple's volume is air; that's why they float.

This institution is an equal opportunity provider.

