

# Produce of the Month



## Apples



### Nutritional Information

- 🍏 One medium sized apple is about **100 calories**
- 🍏 Apples are high in **fiber, vitamin C, and various antioxidants**
- 🍏 Apples are **free of fat, sodium, and cholesterol**
- 🍏 Apples can prevent a number of chronic diseases like:
  - Alzheimer's
  - Lung cancer
  - Heart disease
  - Breast cancer
  - Diabetes

### Selecting & Storing

- 🍏 Peak apple season runs from August to November depending on the type of apple
- 🍏 Look for **firm** fruits with **rich coloring**
- 🍏 Store whole apples in plastic bags in your fridge crisper—a properly refrigerated apple can have a shelf life of 90 days or more!
- 🍏 Preserve cut apples by dipping them in a solution of citrus juice and water—it helps prevent browning
- 🍏 Freeze your apples by peeling, coring, slicing, and preserving, then store in a freezer bag or container

### Cooking Suggestions

- 🍏 Apples pair well with cinnamon, nutmeg, cloves, ginger, lemon, vanilla, and mint
- 🍏 Add diced apples to fruit or green salads
- 🍏 Try sliced apple on a cheese tray for a take on European dessert
- 🍏 Add apples to quesadillas or grilled cheese sandwiches for a sweet and savory twist

### Fun Facts

- 🍏 There are more than 7,500 varieties of apples grown around the world—it would take you 20 years to try them all if you ate one per day!
- 🍏 Malusdomesticaphobia is the fear of apples
- 🍏 Apples can range in size from as small as a cherry to as big as a grapefruit

### Manchester's Message for a Healthier You

9

5

2

1

0

9 Hours of Sleep – 5 Servings of Fruits & Vegetables – 2 Hours or less of Screen Time – 1 Hour of Physical Activity – 0 Sugary Beverages

For more information visit: <http://95210.townofmanchester.org/>

For more ideas, see: <https://www.usapple.org>