What is in it for you?
One medium apple is:
- A source of immune-boosting vitamin C
- A great source of fiber and antioxidants which:
  - Help with digestion
  - Keep the heart healthy
  - May lower the risk of certain cancers

Produce Tips
- Apples can be stored at room temperature, but they will last up to six weeks if refrigerated
- Do not refrigerate apples in closed bags

Serving Ideas
- Mix apple chunks and raisins with oatmeal
- Top pancakes with cooked apple slices
- Add thinly sliced apple and cheese to a sandwich with sliced turkey
- Add diced apple to tuna or chicken salad
- Toss chunks of apple and walnuts with baby spinach for a quick and healthy salad

Fun Facts
- Spaniards brought apples to Mexico and South America in the 1500s-1600s
- Pilgrims planted apple seed in Massachusetts in 1629
- Johnny Appleseed roamed the Ohio Valley in the 1800s planting apple seeds