

Apples

Featured Produce of the Month

September 2009



Braeburn



Cortland



Fuji



Gala



Ginger Gold



Golden
Delicious



Red
Delicious



Granny
Smith



Honeycrisp



Jonathan



Pacific
Rose



Paula
Red



Jonagold



McIntosh



Wealthy

- Apples can be used to replace fat and butter in baked goods.
- Apples are a good source of fiber and vitamin C.
- Apples are best when you eat them with the peel because that is where most of the fiber is found.

Tulare County Office of Education

Jim Vidak, County Superintendent of Schools