## OREGON APPLES

Apples depend upon bees to pollinate their flowers so that the tree will develop fruit.

the tr. It takes approximately 36 apples to make one gallon of apple cider.

NUTRIENTS FOUND IN APPLES

- Apples contain vitamin C, potassium and other nutrients that keep you healthy.
- Apples are a perfect snack food. Their natural sugars provide quick energy and their fiber makes you feel full.
- ~ Apples are best when eaten with the peel. When you eat an apple with the peel, you get the most fiber and nutrients.

The crab apple is the only apple native to the United States.



Oregon's apple harvest runs from July through November.



Oregon farmers grow many different varieties of apples including heirlooms and newer hybrid varieties. Each apple has its own great taste, texture, and color.





Apples are a member of the rose family.

This material is funded by USDA's Specialty Crop Block Grant Program and USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon SafeNet at 211. USDA is an equal opportunity provider and employer. (c) 2015 Oregon State University Extension Service offers educational programs, activities, and materials without discrimination based on age, color, disability, gender identity or expression, genetic information, marital status, national origin, race, religion, sex, sexual orientation or veterans status. Oregon State University Extension Service is an Equal Opportunity Employer.