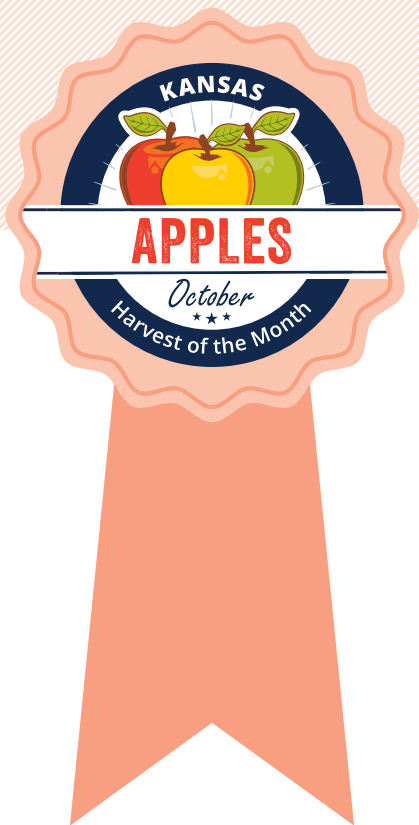


# October Harvest of the Month Morning Announcements



October's Harvest of the Month Product is apples! Apples were the #1 consumed fruit in the U.S in 2019. The first apple tree was planted by the pilgrims in the Massachusetts Bay Colony. Apples come in a variety of colors including red, yellow and green. They naturally have a wax coating for protection. This coating is removed during packing, and a natural wax is applied to keep from losing moisture. Apples pack a great nutritional punch. In fact, one large apple contains 20% of the recommended daily dietary fiber.