

Apples



Nutrition

Apples provide many health benefits such as fiber, vitamin C, and antioxidants. One large apple provides 20% of the recommended daily dietary fiber.

How Apples Are Grown

Melons are in season between July and September. Planting in Kansas usually occurs mid-May. Flowers are produced on the plant, then bees assist in taking pollen between flowers. Fruit grows once the flowers have been pollinated.



Did you know?

- Apples come in a variety of colors including red, yellow and green
- The pilgrims planted the first U.S. apple trees in the Massachusetts Bay Colony
- Apples were the #1 consumed fruit in the U.S. in 2019 Apples naturally have a wax coating for protection. This coating is removed during packing, and a natural wax is applied to keep from losing moisture.



Harvest

Apples are ready between July through October. As apples begin to ripen, color changes occur on the outside, inside and with the seeds.

Preparation

Eat apples raw as a side, as a topping to salads and oatmeal, or baked for a sweet dessert.



Storage

Keep apples under refrigeration to extend shelf life up to one month. Freeze apples for 8-12 months. Do not wash until ready to use.