

One large apple provides
20% of the recommended
daily dietary fiber.

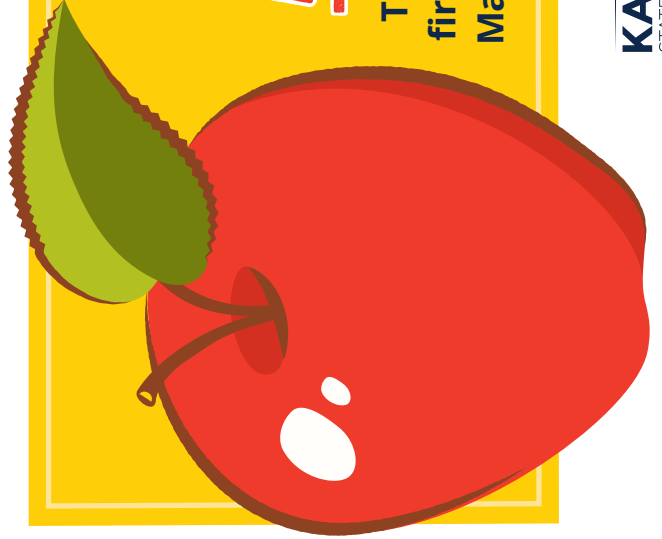
Kansas
Harvest of the Month
APPLES



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The pilgrims planted the
first U.S. apple trees in the
Massachusetts Bay Colony.



Kansas
Harvest of the Month

APPLES

October

