



Apples

This month we're enjoying apples grown in Wisconsin!

History

- More than 2,500 varieties of apples are grown in the United States, but only the crabapple is native to North America.
- In the late 1700s, folk hero Johnny Appleseed (John Chapman) helped spread apple trees throughout the country by establishing apple tree nurseries in Pennsylvania, Indiana and Ohio.

Benefits

- Apples contain no fat, sodium, or cholesterol and are a good source of fiber.
- Apples are about 85% water, yet they provide many vitamins and minerals.

Fun Facts

- In ancient Greece, tossing an apple to a girl was a traditional proposal for marriage; catching it was acceptance.
- If you ate one apple variety each day, it would take over 27 years to eat one of every type of apple grown throughout the world.



In Wisconsin, FoodShare assists low-income families and individuals to buy nutritious food. Visit access.wisconsin.gov or call 1-800-362-3002.

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