

- FARM FRESH -

Apples



APPLES PROVIDE UNIQUE **health benefits**.
THEY ARE FULL OF ESSENTIAL VITAMINS AND A
NATURAL SOURCE OF BENEFICIAL ANTIOXIDANTS.

FOOD *for* FUEL

HERE ARE SOME OF THE HEALTH BENEFITS OF INCLUDING APPLES IN YOUR DIET:

Healthy HEART

Apples are rich in the compound quercetin, which has been shown to reduce inflammation while fighting against heart disease and hypertension.

Clear & Strong SKIN & HAIR

The vitamin C found in apples may help strengthen hair, nails, and speed up skin cell production, while the beneficial B vitamins help fight acne and skin irritation.

Healthy GUT

The fiber found in apples helps us feel full and keeps things moving in our digestive tract—just be sure to leave the skin on as it contains half of the total fiber.

“ Learning how to farm—it just takes diving in and doing it. A lot of people don’t try what we’ve tried because they fear failure. It’s not a failure if you keep going and learn from it.”



– Kelley Hansen
Apple Farmer | Springville, CA

Americans eat more apples per capita than any other fruit. The average American eats about 16 pounds of fresh apples and 28 pounds of processed apples like juice, cider, or sauce each year.



Did you know?

According to the Guinness Book of World Records, the most apples bobbed in one minute is 37 and was achieved by Cherry Yoshitake, from Japan, in 2015.

Why did the apple turn red?



“It saw the salad dressing!”

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