

HARVEST

{Of the Month}



Apples

Fast Facts

- ✓ Americans consume approximately **27 pounds** of fresh and processed apples per year! There are **over 15 varieties** of apples grown in Maryland.
- ✓ **Apples float** when placed in water because they are made up of mostly air.
- ✓ Apples are **free of fat, sodium and cholesterol**. They are low in calories, rich in fiber, and contain a variety of vitamins and minerals including **vitamins A, B, C, E and K**.

SOME MARYLAND APPLE VARIETIES



Availability

AUGUST - MARCH



Maryland Apple Orchards

There are 205 apple orchards in Maryland! Maryland grown apples are harvested from August to November, many apples are stored in “controlled atmospheres” so they are available almost all year long. Many Maryland orchards offer Pick-Your-Own apples. You can find more information on Maryland apples at www.marylandapples.com or www.MarylandsBest.net.



MARYLAND DEPARTMENT OF AGRICULTURE



#MDKidsEatLocal