



Apples



What is in it for you?

One medium apple is:

- A source of immune-boosting vitamin C
- A great source of fiber and antioxidants which:
 - Help with digestion
 - Keep the heart healthy
 - May lower the risk of certain cancers

Produce Tips

- Apples can be stored at room temperature, but they will last up to six weeks if refrigerated
- Do not refrigerate apples in closed bags

Serving Ideas

- Mix apple chunks and raisins with oatmeal
- Top pancakes with cooked apple slices
- Add thinly sliced apple and cheese to a sandwich with sliced turkey
- Add diced apple to tuna or chicken salad
- Toss chunks of apple and walnuts with baby spinach for a quick and healthy salad



Fun Facts

- Spaniards brought apples to Mexico and South America in the 1500s-1600s
- Pilgrims planted apple seed in Massachusetts in 1629
- Johnny Appleseed roamed the Ohio Valley in the 1800s planting apple seeds

Market Basket of the Month is coordinated by the Community Health Improvement department of WellSpan Health.

For additional serving tips and recipes, go to www.wellspan.org/marketbasket.org or scan the code.

