

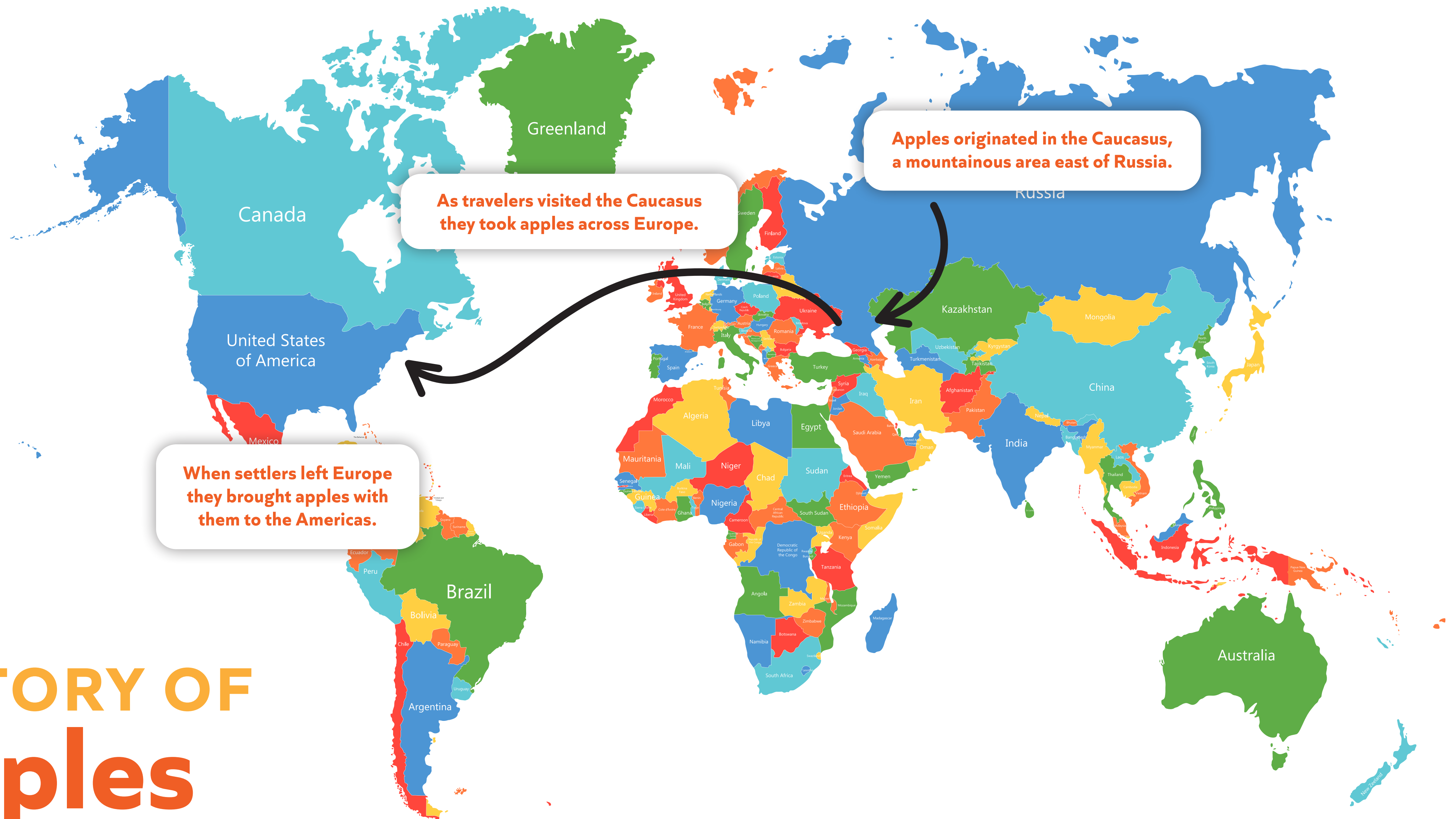
HARVEST OF THE MONTH:

# Apples





# HISTORY OF Apples







**Apples  
grow on trees.**

# HOW DO APPLES GROW?





**White flowers  
bloom in late spring.**

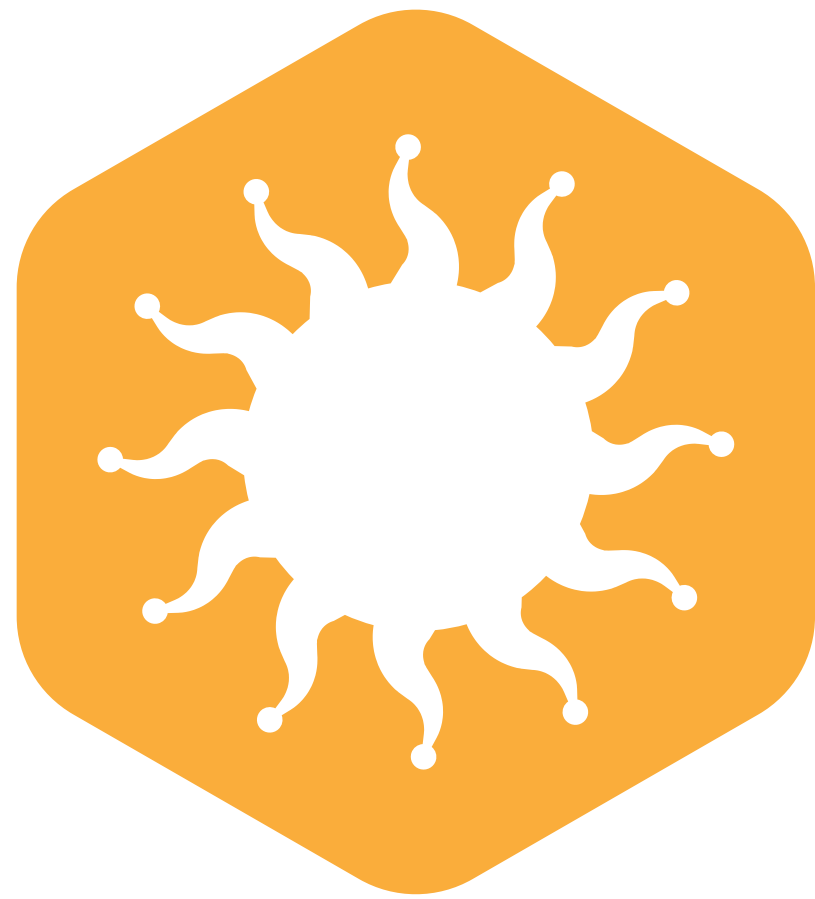
**After pollination,  
the flower swells and  
becomes the apples  
we eat.**



# HOW DO APPLES GROW?



# WHAT SEASON DO WE PICK APPLES?



SUMMER



AUTUMN



WINTER



SPRING



# WHY SHOULD WE EAT APPLES?

Healthy immune system  
(prevents colds)



Healthy digestion,  
cleans out your system



Healthy eyes



Healthy muscles





# HOW DO YOU PICK A GOOD APPLE?

- The freshest apples can be bought from August through November.
- Apples should have a good color to them (green, red, or yellow).
- Apples do not ripen after they have been picked.
- When you push on an apple it should not be mushy, or have cuts on it.

**FUN FACT:** There are over 7,000 varieties of apples and on average each tree produced 200 apples.







LET'S TRY SOME  
**Apples!**

