



Fruit and Veggie of the Month

APPLE

The apple can be traced back to the Romans and Egyptians who introduced them to Britain and finally to America. Today, Americans eat about 120 apples apiece each year. At least 50% of the domestic crop is used in items we consume every day such as applesauce, juice, jellies, pies, and other

popular desserts.

There are about 2500 known varieties grown in the U.S. Thirty-six states grow them commercially with the following as top producers: Washington, New York, Minnesota, California, Pennsylvania, and Virginia.

Some popular varieties include:

- Braeburn- available October–July; high flavor impact; crisp and tart
- Golden and Red Delicious- available year round; know as the “all purpose cooking apple”
- Fuji- available year round; spicy, crisp taste
- Gala- available August-March; heart-shaped with a crisp, sweet taste
- Rome- available September-July; the baker’s dream but also a great eating apple; used primarily for cooking
- Granny Smith- available year round; mouthwatering tartness, bright green with a tangy flavor
- Winesap- available October-August; the apple with old-fashioned flavor; spicy, tart wine-like flavor that makes it the cider maker’s first choice
- McIntosh- available October through December; slightly tart and juicy



Apples are a good snack that provides lots of fiber. One medium- sized apple provides about 5 grams of fiber and only 80 calories.

Sweet Potato

Sweet potatoes are a Native American plant. They were the main source of nourishment for early homesteaders and for soldiers during the Revolutionary War. This root vegetable is one of the most nutritious foods a person can eat. Sweet potatoes are an excellent source of vitamin A, C, B6 and riboflavin. This is why one colonial physician called sweet potatoes the "vegetable indispensable." Sweet potatoes contain an enzyme that converts most of its starches into sugars as the potato matures. This sweetness continues to increase during storage and when the potatoes are cooked. Sweet potatoes spoil rapidly and should not be stored in the refrigerator. A half a cup of baked sweet potato has 90 calories, 3 grams of dietary fiber, 2 grams of protein, and no fat.

