



Harvest
of the
MonthTM

ARE PROUD TO FEATURE:

APPLES



**SO MANY DIFFERENT TYPES
TO CHOOSE FROM!!!**

**GALA
FUJI
HONEY CRISP
OPAL
COSMIC CRISP
GRANNY SMITH
PINK LADY
RED DELICIOUS**

ONE MEDIUM APPLE CONTAINS:

**5% POTASSIUM
17% FIBER
ZERO CHOLESTEROL
14% VITAMIN C
5% VITAMIN B6
CALCIUM
MAGNESIUM**

