

SNACKBITE



Apple

- There's more than 7,000 varieties of apples grown in the world today and about 2,500 different varieties of apple are grown in the US.
- Most of the nutrients in apples are found in the peel. One example is a fiber called pectin that helps with digestion.
- If you cut an apple crosswise, the seeds and carpals form a star design.
- The Vitamin C in apples helps to make a protein called collagen. Collagen is used to build skin, cartilage, ligaments, tendons and blood vessels.
- Bzzzz...Honey bees are important in apple production. Apples cannot self-pollinate so they must receive pollen from another variety of apple tree. A single bee can carry 100,000 pollen grains from flower to flower.
- Most apples are harvested in the fall. October is National Apple Month.



Be sure to visit the Fresh Fruit & Vegetable Program page under West Fargo Public Schools Food Service tab for program information and activities.

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