

# ***October Farm Fresh***

## ***Feature:***

### ***Minnesota Apples***



Minnesota-grown apples come in many varieties with a range of flavors—sweet and “explosively crisp” Honeycrisp apples, or the new sweet/tart Zestar! The Zestar! is one of the locally grown apples we are featuring for the month of October, along with Cortland and Haralson varieties. These delicious apples are grown at the Pleasant Valley Orchard, located atop the scenic hills of southeastern Chisago County. It is a family owned orchard with its first tree plantings in 1990. Jim Birkholz, the orchard’s owner is a former school board member for Chisago Lakes Schools.

#### **“Core” Facts About Apples:**

- ❖ Apples are an easy way to get a serving of fruit. They are an original “fast food” which can be eaten fresh, sliced, dipped, dried or processed as sauce or juice.
- ❖ Apples are nutritious – no fat, sodium, cholesterol, or artificial colors or flavors, and a good source of fiber, and polyphenols, (anti-oxidants.) A medium-sized apple (tennis ball size) has only 80 calories.
- ❖ Apples are an excellent source of fiber – more than most hot or cold cereals!