

# INCREDIBLE EDIBLE IDAHO

APPLE

## APPLE NUTRITION FACTS:

Apples have both soluble and insoluble fiber, which helps promote healthy digestion.

Apples have antioxidants which help maintain normal cell function by protecting cells.

Apples are low in fat, cholesterol or sodium.

Eat the peel: 2/3 of the fiber and many of the nutrients are found in the apple's peel.

Apples are naturally sweet and are a great snack or dessert item.

## IDAHO APPLE FACTS:

Idaho produces over 45 million pounds of apples each year.

Some regions in Idaho have been producing apples since the 1890's.

Idaho apples are available fresh from early September to early December, but much of the crop is stored in large chilled warehouses so we can enjoy apples until early spring.

When fully grown, one apple tree will produce enough apples to make 225 pies each year.

Idaho grows many varieties of apples including Gala, Jonathans, Golden Delicious, Red Delicious, Fuji, Rome, and Granny Smith



## Top producing counties:

Payette  
Canyon

Gem  
Ada

Washington

