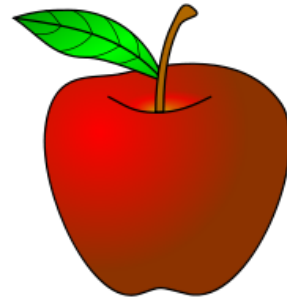




OCTOBER HARVEST OF THE MONTH *APPLES*

FRIEND'S ORCHARD - HARRISON, AR



This month, we will have local red and golden delicious apples on Tuesday, October 31st



FRUIT FACTS

- Apples have a moderate amount of dietary fiber
- They have lots of natural sugar in them which makes them sweet
- Apples have Vitamin C

ALL ABOUT APPLES

- It originated in Central Asia
- There are more than 7000 varieties of apples
- Apples can be eaten raw, cooked, juiced, or baked
- "An apple a day, keeps the doctor away"