

# HARVEST

## {Of the Month}



## Apples

### Fast Facts

- ✓ Americans consume approximately **27 pounds** of fresh and processed apples per year! There are **over 15 varieties** of apples grown in Maryland.
- ✓ **Apples float** when placed in water because they are made up of mostly air.
- ✓ Apples are **free of fat, sodium** and **cholesterol**. They are low in calories, rich in fiber, and contain a variety of vitamins and minerals including **vitamins A, B, C, E and K**.

### SOME MARYLAND APPLE VARIETIES



### Availability

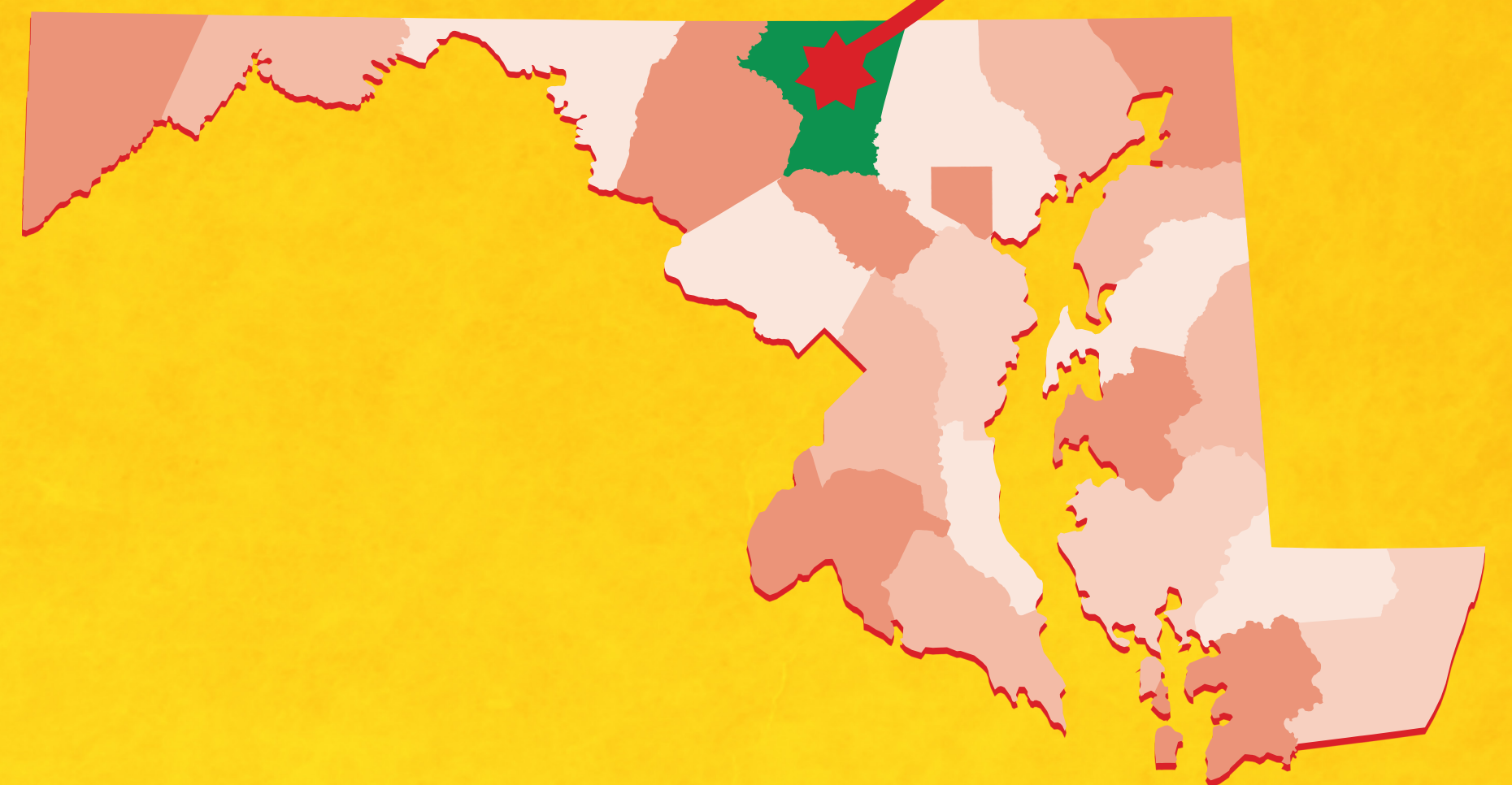
AUGUST - MARCH



### Featured Farm

**BAUGHER'S ORCHARDS**  
CARROLL COUNTY

Baughers' Orchards has a long tradition as a family farm dating back to 1904. Over the years their farms have grown to over 600 acres in production with over 200 acres available for Pick-Your-Own fruit. Will you go pick-your-own apples this year? Share with us on social media using the **#MDKidsEatLocal!**



MARYLAND DEPARTMENT OF AGRICULTURE  
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