Apple
• Fruit
• Grows on trees
• Grows in every state in the United States
• October is National Apple Month

Grape
• Fruit
• Healthy snack; good source of vitamin K
• 3 colors of grapes; green, black, & red
• Harvested by hand with special clippers

Strawberry
• Fruit
• Top five most eaten fruit
• On average, 200 seeds are found on the outside of each strawberry
• Picked, sorted, & packed by hand

Orange
• Citrus fruit
• High in vitamin C & low in calories
• Florida is the top producing state of oranges
• Grow on trees
**Pear**
- Fruit
- Grow on self-pollinating trees
- Contain vitamin C & potassium
- Found in fruit juices, baked goods, & fruit roll-ups

**Bananas**
- Fruit that grows in large, hanging bunches
- When ripe, they are yellow with a soft inside
- Bananas grow from plants, not trees
- India is the leading producer of bananas

**Lemon**
- Sour-tasting, citrus fruit
- Not eaten as a fruit, but used as a flavor enhancer
- Eureka Lemons are available all year long
- Grow on trees

**Avocado**
- Fruit
- Avocado tree can produce 500 avocados per year
- 1 oz. of an avocado contains almost 20 vitamins & nutrients
- Harvested by hand
Kiwi
- Fruit
- Contains more vitamin C than an orange
- Also known as the Chinese Gooseberry
- Egg-shaped with a brown fuzzy skin and a bright green flesh with tiny black seeds

Peaches
- Fruit
- Grow on small, deciduous trees
- Best availability is November to March
- Peach juice is an excellent moisturizer

Cherries
- Fruit
- Grows on trees
- Good source of Vitamin C
- 100 trees grow per acre

Plum
- Fruit
- Grows from a tree
- Belongs to the stone fruit family because it has a single seed
- High source of vitamins C and K