

Apple

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



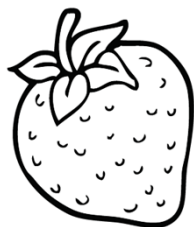
Grape

- 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



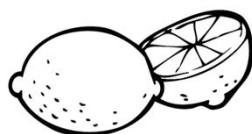
Bananas

- 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



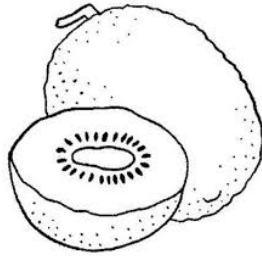
Avocado

- 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

