



Palmetto Pick of the Month

APPLES

NOVEMBER



DESCRIPTION

Apples are the second most consumed fruit in the United States. This rose family fruit is known for having many different varieties with all types of skin colors including red, yellow, and green. South Carolina grows apples in the Upstate and Midlands regions during the fall and winter seasons.

PREPARING

Apples can keep for a few weeks to a few months depending on when they are harvested. Store apples by wrapping the fruit so air cannot circulate in somewhere dark and cool. If you pick a softer apple, use it for cooking. When you are ready to use your apples, wash the apple well on the outside with water.

GROWING APPLES

Sun Exposure: Full Sun
Soil Type : Loamy
Soil pH: Neutral

Apple trees require a lot of space. Dig a hole for your apple tree approximately twice the diameter of the root system and 2 feet deep. Place some loose soil back into the hole and till the soil on the walls of the hole to allow the roots to easily penetrate the soil. Replace the soil in the hole, making sure the soil is firm on top of the roots. For a new tree, rub off the misplaced buds and bend stems down to slow growth and promote fruiting. Begin harvesting apples when they are no longer green by simply twisting the apple off the stem.

HEALTH BENEFITS

Apples are great for our digestive system. They contain nutrients such as fiber that help in digestion. Apples can also help regulate blood sugar, asthma symptoms, and cholesterol.



BOOKS

Apples
 by Gail Gibbons

Apples, Apples, Apples
 by Nancy Wallace

PALMETTO PICK OF THE MONTH SNACK

Apples are great alone or pair well with any type of nut butter for a satisfying snack.



Palmetto Pick OF THE MONTH

JANUARY Greens	FEBRUARY Broccoli	MARCH Cabbage	APRIL Strawberries
MAY Summer Squash	JUNE Corn	JULY Watermelon	AUGUST Peaches
SEPTEMBER Tomatoes	OCTOBER Cucumbers	NOVEMBER Apples	DECEMBER Sweet Potatoes

FOR MORE INFORMATION ABOUT OTHER FRUITS AND VEGETABLES AVAILABLE IN SOUTH CAROLINA EACH MONTH, PLEASE VISIT CERTIFIEDSCGROWN.COM

FOR MORE INFORMATION ABOUT FARM TO INSTITUTION, INCLUDING RECIPES, PLEASE VISIT SCFARMTOINSTITUTION.COM