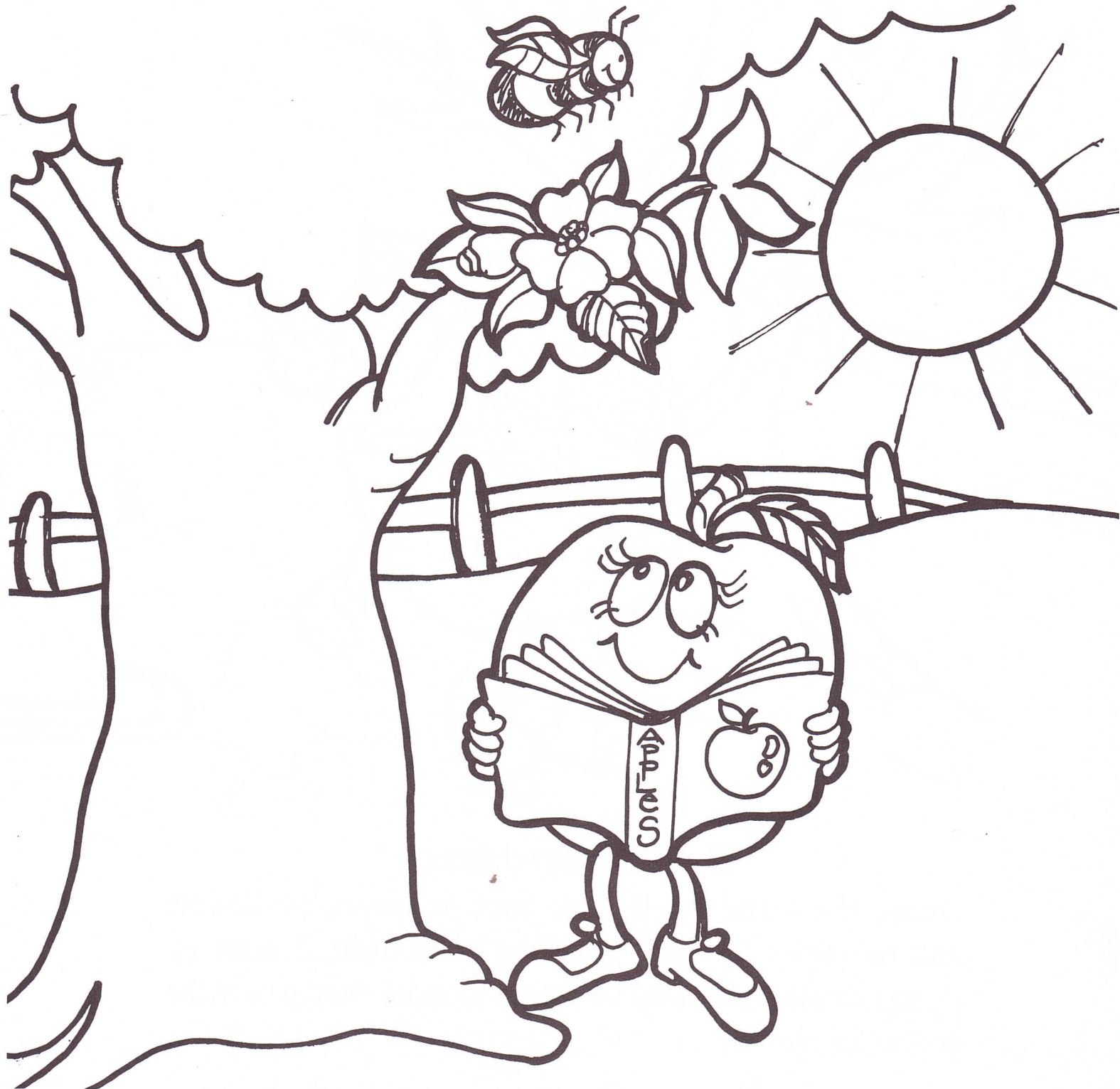


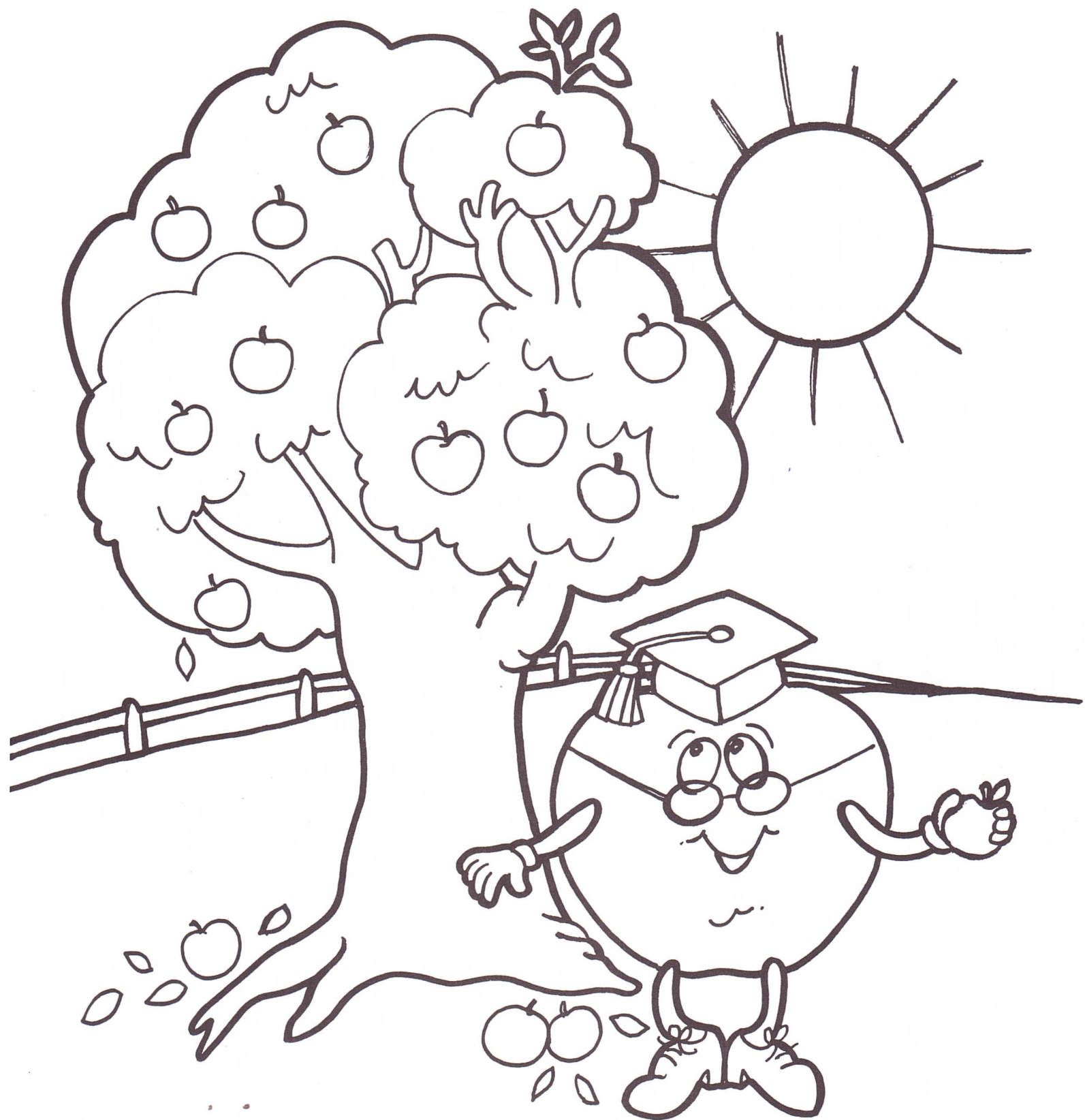
## **December–March**

During the winter apple trees have no leaves, no flowers and no apples. Just like you sleep every night to store up energy, apple trees sleep all winter to store energy to make apples for the fall.

## April–August

In the spring apple trees begin waking up. Leaves start growing, reaching for the sun. Flower blossoms pop out. Bees love to visit the sweet-smelling blossoms, spreading pollen from flower to flower. That causes the blossoms to grow into baby apples. The apples keep growing all summer.





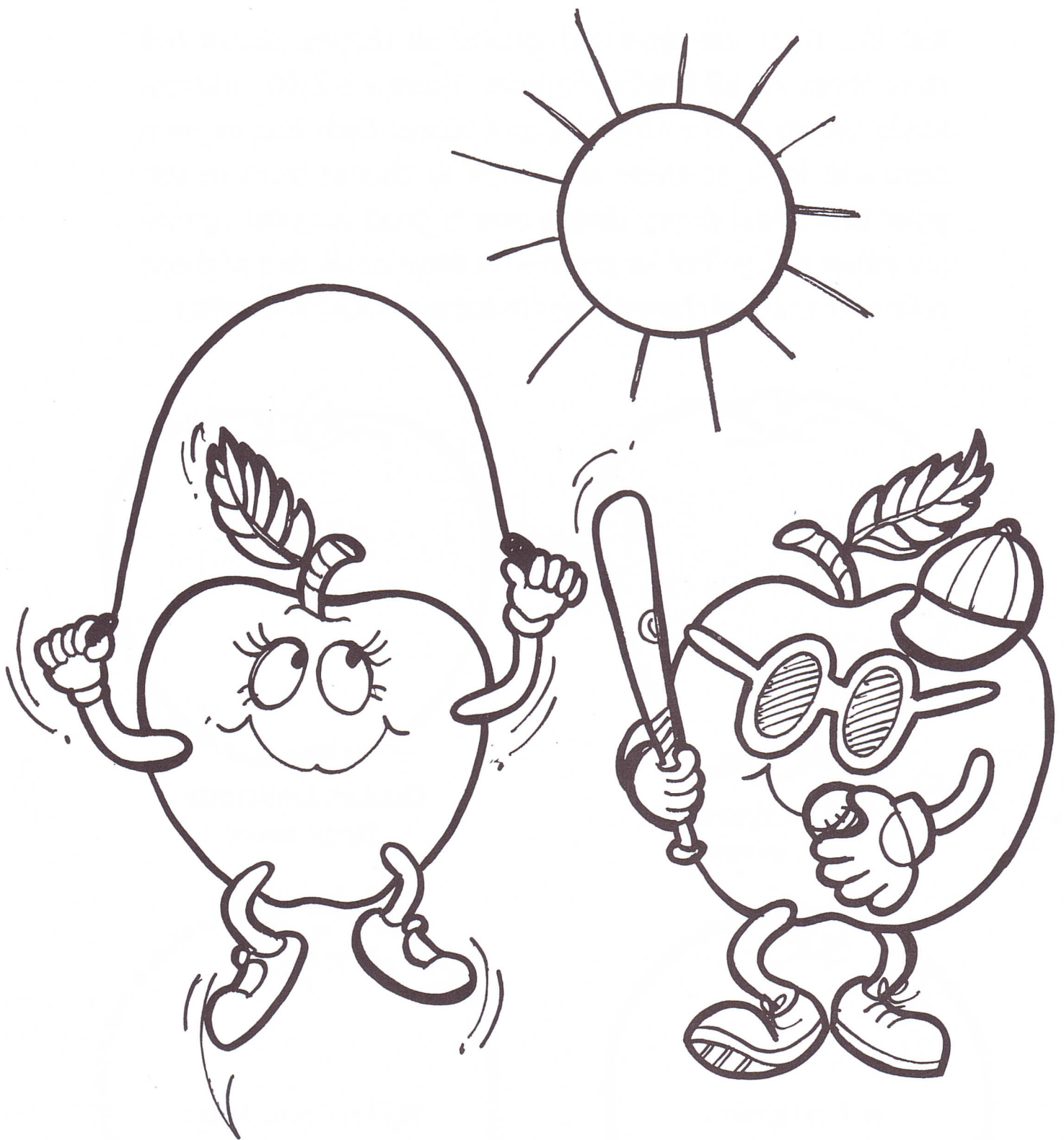
## **September–November**

In the fall the apples are fully grown. They are ready to be picked, sent to the market and eaten by you!



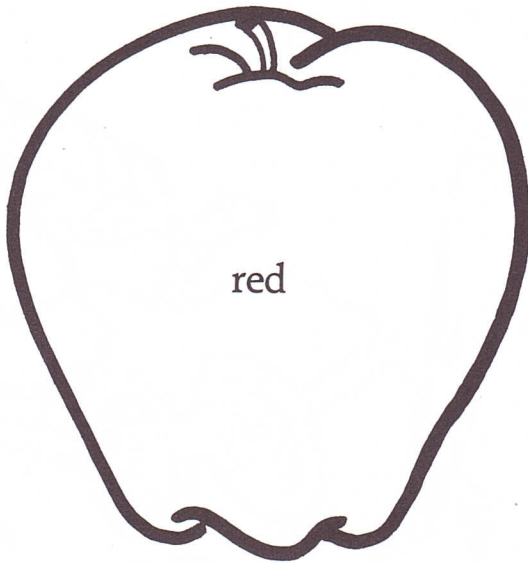


Apples are a favorite treat of boys and girls everywhere.  
They taste great, and they are fun to eat!

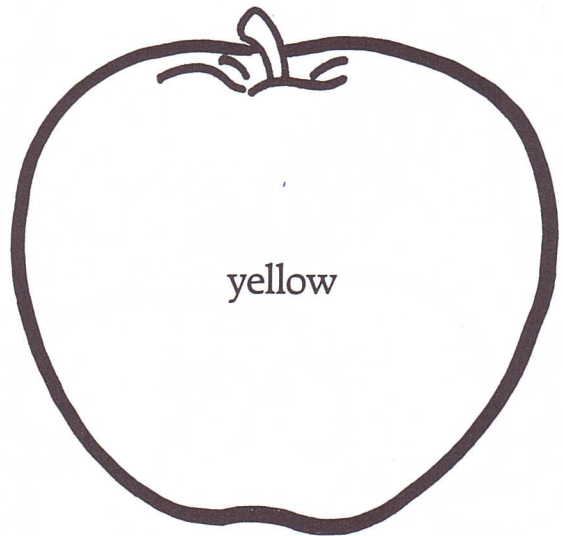


Isn't it great that something that tastes so good is so good for you! Healthy, great-tasting food like apples gives you energy to play games and sports. It helps you grow up strong and in-shape. And a healthy body helps make for a sharp mind so you can do well in school.

Just like there are boys and girls of all shapes, colors and sizes, there are **all kinds** of apples. There are 2500 different kinds grown in the United States alone! Each has its own taste and look, so there are plenty to choose from to suit **your** taste. And **every single one** is good for you! Apples are either red, yellow or green—or sometimes two of those colors. The apples shown here are some of today's favorites.



**Red Delicious**  
Rich, sweet



**Golden Delicious**  
Tangy, sweet

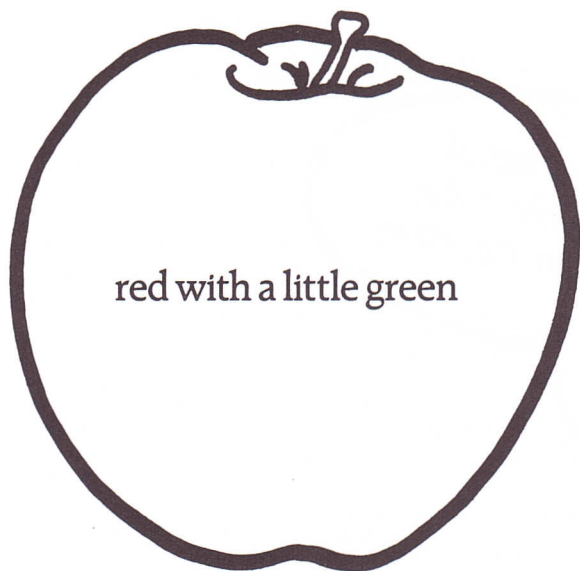


**McIntosh**  
Tart, juicy



**Jonathan**  
Rich, semi-tart





red with a little green

**Rome Beauty**

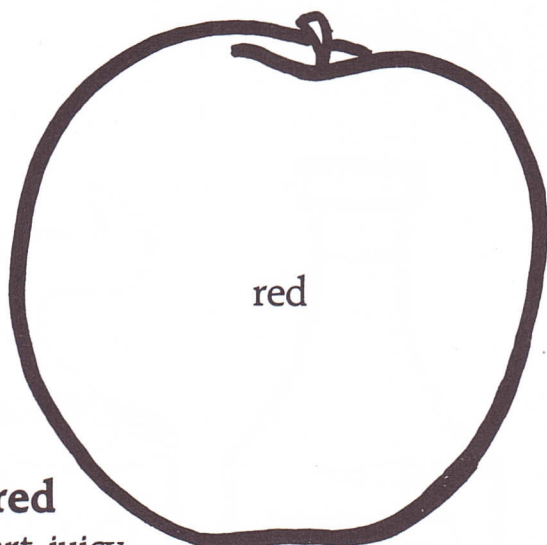
Medium tart to sweet



green

**Granny Smith**

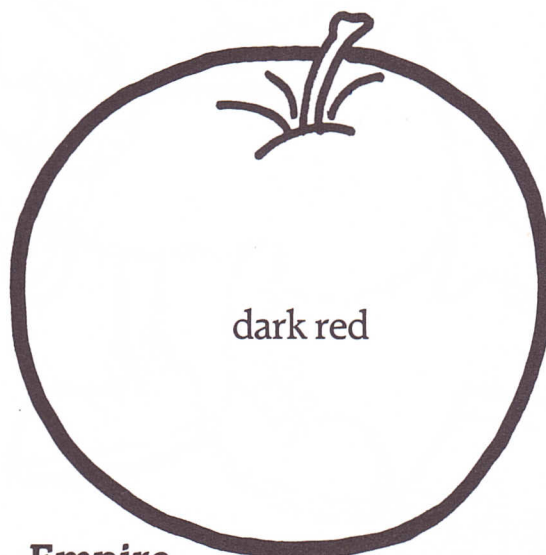
Tart



red

**Idared**

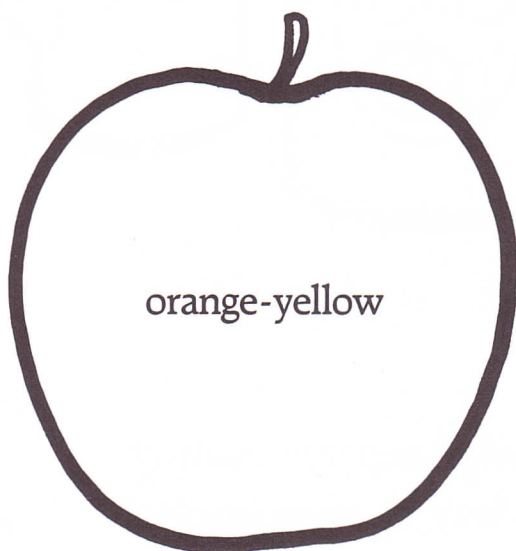
Mildly tart, juicy



dark red

**Empire**

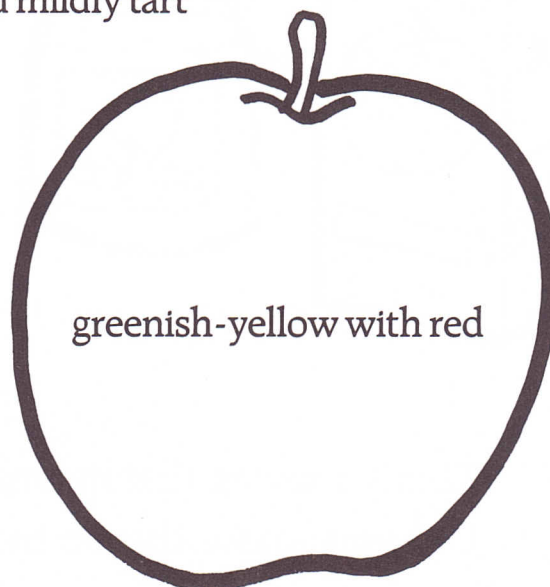
Crisp and mildly tart



orange-yellow

**Gala**

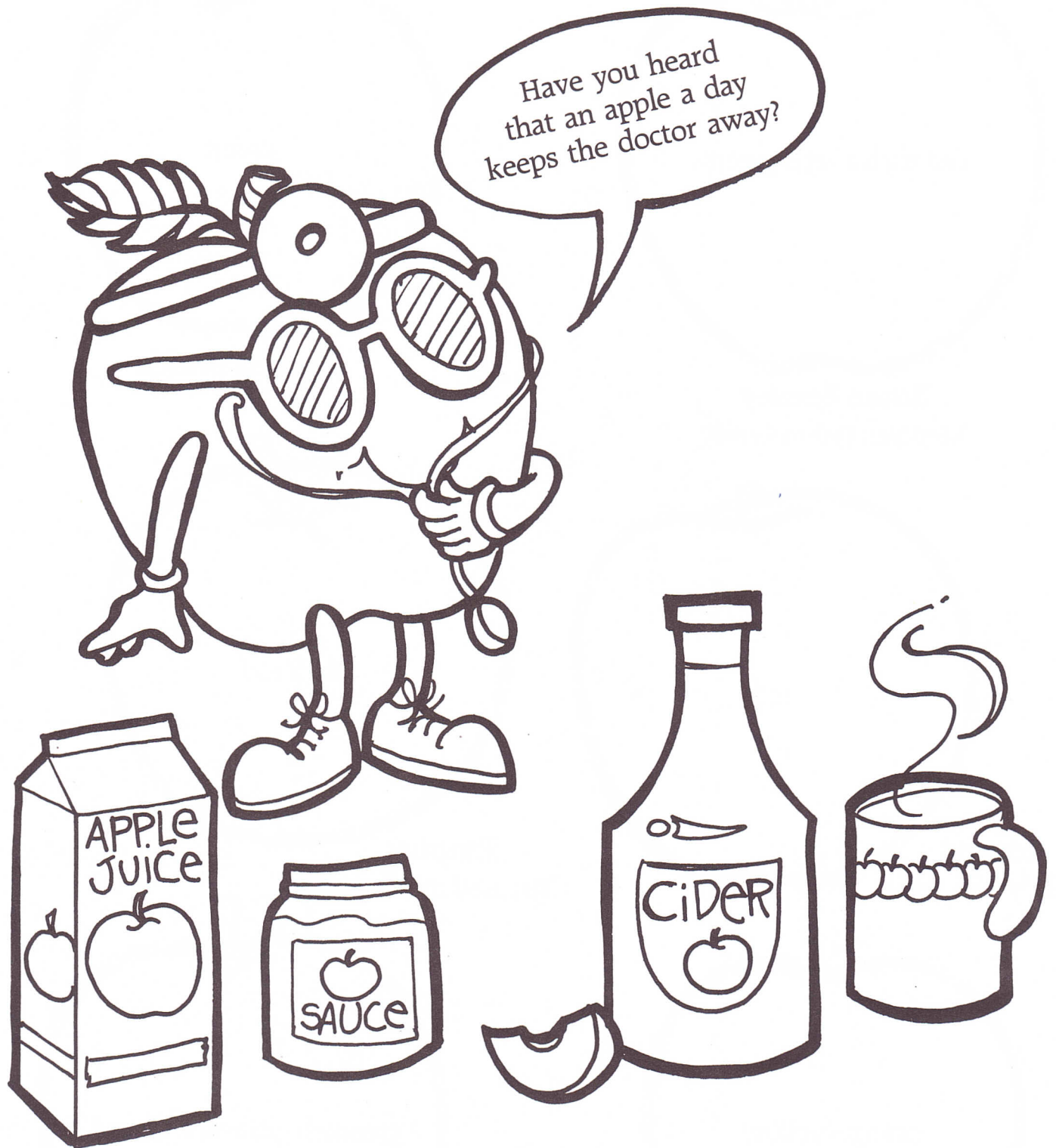
Sweet taste



greenish-yellow with red

**Fuji**

Crispy, sweet



That's a saying that means apples can help keep you healthy. Did you know there's more than one way to have apples? Apple juice or cider, applesauce and dried apple slices are yummy treats boys and girls love!