

# Apples

## Apples are a member of the rose family.

**Apple trees originated in Central Asia and were brought to North America by European colonists. They are now grown in all 50 states.**

**Apples come in all shades of red, green and yellow and provide fiber and vitamin C. Enjoy them with their skin on for the best nutrition.**

Apples are in season in Georgia from around August through October.

Georgia apples are sold primarily for the fresh market, unlike other states.

According to Georgia's 2019 Farm Gate Value Report, most of Georgia's apples are grown in Fannin and Gilmer counties in north Georgia.

Georgia's annual apple festival is hosted during October.



Georgia Department of Education School Nutrition