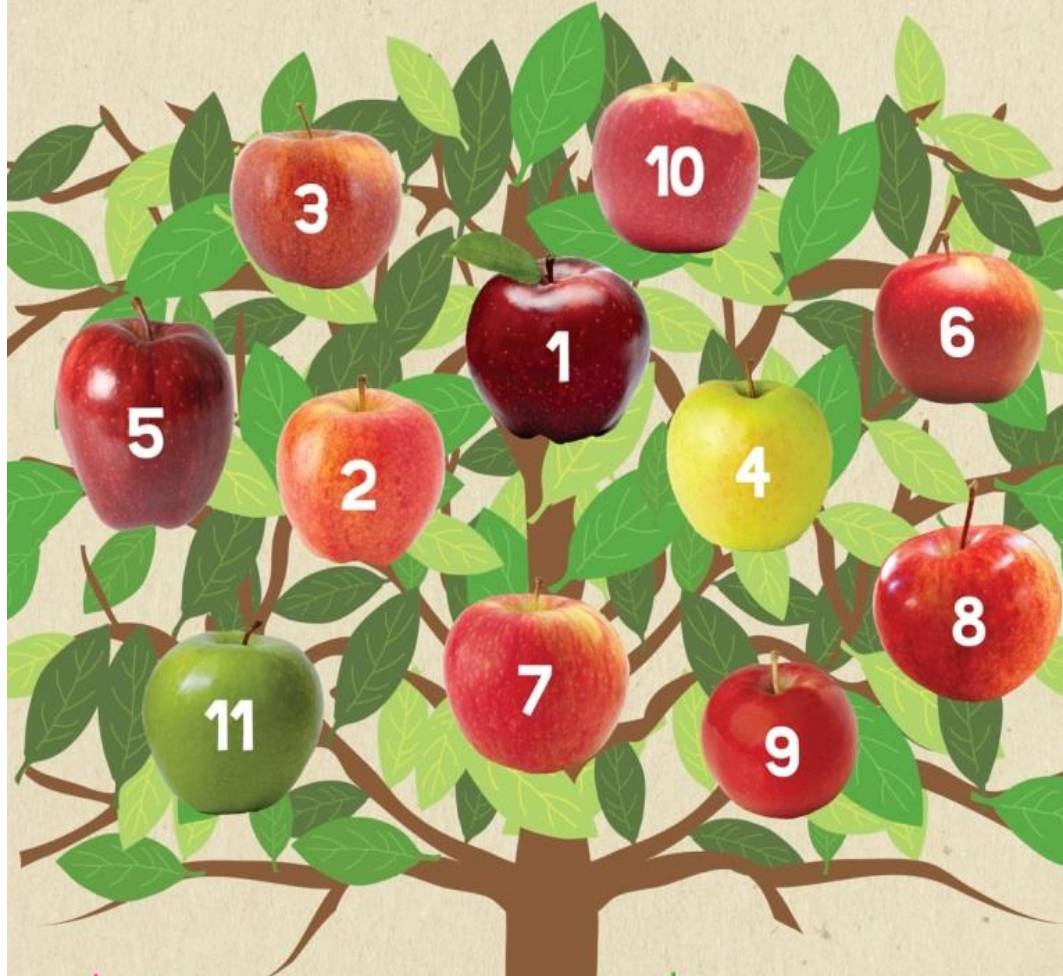


# TYPES OF APPLES

*From Sweetest to Most Tart*



- Sweetest* ↑
1. Fuji Apple
  2. Gala Apple
  3. Cameo Apple
  4. Golden Delicious Apple
  5. Red Delicious Apple
  6. Empire Apple

- Most Tart* ↓
7. Honey Crisp Apple
  8. McIntosh Apple
  9. Jonathan Apple
  10. Pink Lady Apple
  11. Granny Smith Apple

# WHY EAT THE UGLY APPLE?

An apple from the



Thanks to WAX and PRESERVATIVES, this apple might *appear* to be shinier, shaped nicer, or cheaper but...

An apple from the



An apple from the Farmer's Market is **BETTER FOR YOU!** (And better for everyone else, too!)

## Face The Facts:

Most food travels 4-7 days before reaching stores.

On average, food travels 1,300-1,500 miles before reaching our grocery store shelves.

Almost every state in the US buys 90% of its food from other states.

*EAT LOCAL & ENJOY!*

To Find the Farmer's Market Nearest YOU, Go To: [www.cenyc.org](http://www.cenyc.org)