

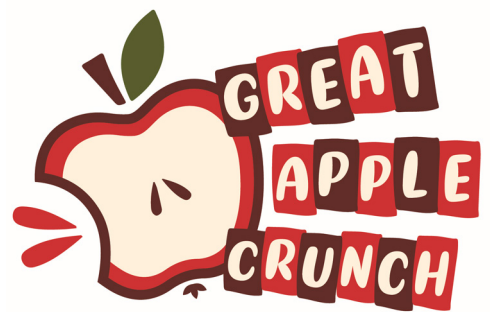


## Get to Know Minnesota's Own Honeycrisp Apple

The Great Apple Crunch on Thursday, October 10, celebrates local farmers, healthy people and strong communities! MILLIONS of students, educators, businesses and organizations all across the country will CRUNCH that day!

### Honeycrisp Apples

For the Great Apple Crunch, we will have a special treat...Honeycrisp Apples! These apples are wildly popular for their well-balanced, sweet-tart taste and crisp, juicy texture.



The Honeycrisp is among the most successful varieties developed by the University of Minnesota Apple Breeding Program. It was so popular when it was introduced that it was named Minnesota's State Fruit in 2006. It's credited with helping to revive a declining apple-growing industry and brought much-needed revenue to small and medium-sized, family-run orchards.

### Nutritional Powerhouses

Nutritionally, apples have tremendous health benefits. Packed with antioxidants, vitamin C, potassium, water and about 5 grams of fiber per apple, it's no wonder it's often said, "an apple a day keeps the doctor away!"

One medium apple with skin provides about:

- 95 calories
- 156 grams of water
- 0.43 grams of protein
- 25.1 grams of carbs
- 4.37 grams of fiber
- 0.3 grams of fat
- 190 mg of potassium

Because of the water and fiber content, apples are low on the glycemic index. Some studies indicate apples may help protect against diabetes, heart disease and cancer.

Honeycrisps are ripe for harvesting from September 15 to October 5 in east central Minnesota, and can be kept for up to seven months under refrigeration. Honeycrisps served at school on October 10 will come from Wescott Orchards in Elgin, Minnesota. For more than 40 years, Wescott Orchards has packed and shipped the finest regional apple varieties.

### U of M Apple Breeding Program

The University of Minnesota has one of the country's top apple breeding programs. It's known worldwide for developing hardy, high-quality apples that thrive in cold winters and hot, dry summers.

At any given time, the University has 20,000 to 25,000 apple trees in various stages of evaluation. It can take up to 20 years of evaluation for an experimental apple variety to make it to the commercialization stage. Since beginning the apple breeding program in 1878, the University has released 29 apple varieties to the market.