

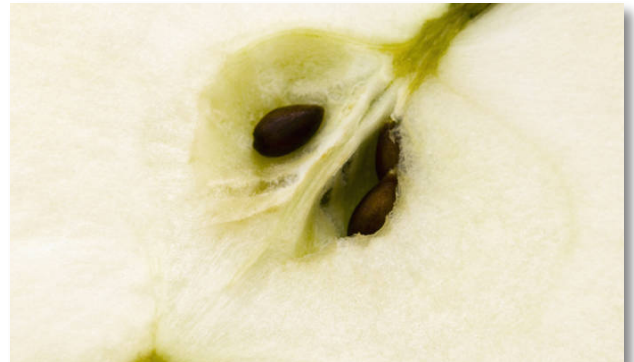
# APPLES



Apples include many antioxidants and Vitamin C. They also have small amounts of minerals such as potassium, and calcium, and is also very fibrous.



Apples can be found in a wide range of colors, sizes, and over 7,000 varieties. Some examples include fuji, granny smith, and gala.



The seeds of apples can be found within the core of the apple, and is a similar shape to a tear drop.

Apples are grown on trees, and one of the most widely grown tree fruit. They are not grown locally in Hawaii.

