

SAISD CHILD NUTRITION SERVICES
FRESH FRUIT & VEGETABLE PROGRAM

HONEYCRISP APPLE



Honeycrisp apples have a crisp and juicy texture. They are known for their sweet and subtly tart flavor. The modern Honeycrisp Apple was developed by the University of Minnesota. These apples are versatile and can be eaten raw or cooked into recipes such as pies. They are a great source of fiber for digestion. This apple also provides iron, vitamin E, vitamin K, magnesium, copper, and zinc. Their season is fall through early winter.

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER