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## Enjoy Local Apples!

1 message

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# Enjoy Local Apples This Month!

## Some Facts You Didn't Know

- The crabapple is the only apple native to North America.
- Apples come in all shades of reds, greens, and yellows.
- Two pounds of apples make one 9-inch pie.
- Apple blossom is the state flower of Michigan.
- 2,500 varieties of apples are grown in the United States.
- 7,500 varieties of apples are grown throughout the world.
- 100 varieties of apples are grown commercially in the United States.
- Apples are grown commercially in 36 states.
- Apples are grown in all 50 states.
- Apples are fat, sodium, and cholesterol free.
- A medium apple is about 80 calories.
- Apples are a great source of the fiber pectin. One apple has five grams of fiber.



## Where to find locally grown apples

To find a local apple grower near you, please visit: <https://massnrc.org/farmlocator/map.aspx>.

## Recipe: Apple Cider Floats

### **Ingredients**

- Sparkling Apple Cider
- Fresh Local Apple Cider
- French Vanilla Ice Cream
- Whipped Cream - Optional
- Apple Slice - Optional
- Ground Cinnamon - Optional
- Cinnamon Stick - Optional
- Caramel Sauce - Optional

### **Instructions**

1. Scoop ice cream into a cup & pour equal parts sparkling apple cider & fresh local apple cider.
2. Top with whipped cream, an apple slice, a sprinkle of ground cinnamon, a cinnamon stick, & caramel sauce.
3. Enjoy!

### **Notes**

If you freeze your cup for at least 30 minutes your drink will stay cold longer & won't melt as quickly.



Recipe from: <https://domesticallyblissful.com/apple-cider-floats/>.

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*The Massachusetts Farm Bureau Federation is a non-profit organization representing nearly 6,000 family members across the Commonwealth. MFBF is an advocate for farmers, run by farmer members who develop policies through its grassroots process. Its mission is "to protect the rights, encourage the growth, and be of service to its members, in the best interest of agriculture."*

*For more information about the Massachusetts Farm Bureau Federation, please visit [www.mfbf.net](http://www.mfbf.net).*

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