

Montana's November Harvest of the month is

# Apples

There are over  
7,500 varieties of  
apples grown  
worldwide!

The Bitterroot Valley and  
other areas of  
western/south central  
Montana are the largest  
apple producing areas in  
the state!

Apples originate  
from the mountains  
of Central Asia -  
they did not come to  
the US until the 17th  
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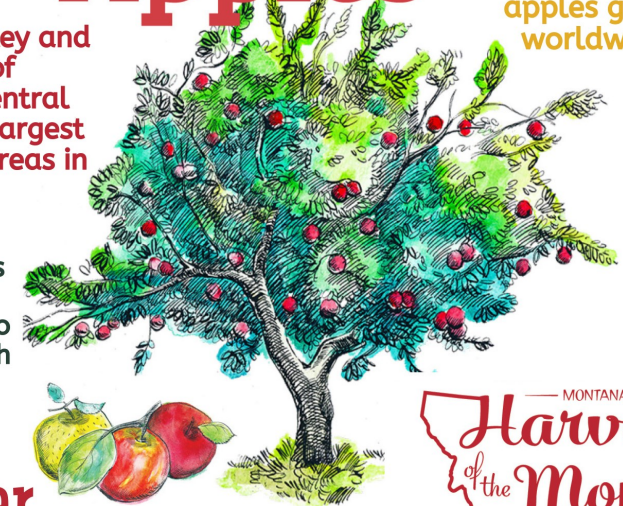
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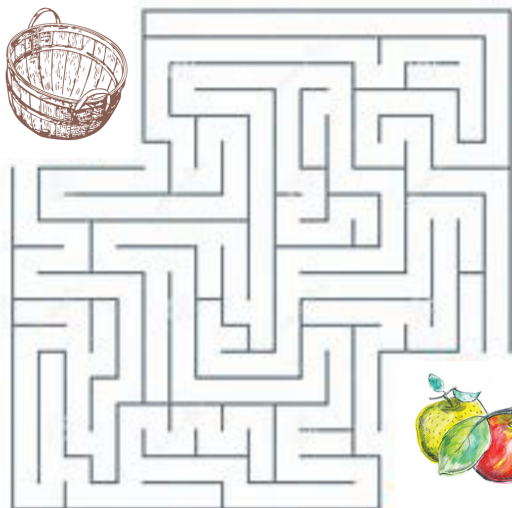
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Can you get the apples  
to your basket?

Once you pick your  
apples, you can make  
yummy, healthy snacks  
like homemade  
applesauce or **apple  
nachos!**



**apple nachos:** cut your apples into slices,  
and drizzle with toppings like **peanut butter**,  
**cinnamon**, **raisins**, **granola**, **nuts**, **coconut**, or  
even **chocolate chips!**

Before eating an apple,  
make sure it is washed.  
Also, if possible, leave the  
skin on! That is where the  
nutrients, like fiber and  
vitamin C, are stored.



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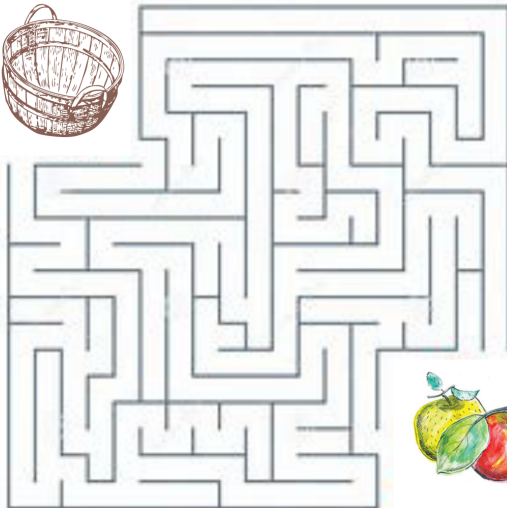
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