

October Harvest

APPLES

FROM

AMARAL'S ORGANICS



Watsonville, CA

only 10 minutes from PVUSD!



Pajaro Valley USD
Food & Nutrition
Services



DID YOU KNOW?

- Apples are a great source of fiber, if you eat one apple it will amount to 17% of the daily amount of fiber you need.
- Amaral's apples have been certified organic since 2003.
- The largest apple ever picked weighed 3 pounds!