

Locally grown Apples served this September!







Jimmy Nix & Sons'
is a family-owned
& operated Apple
orchard in
Hendersonville,
North Carolina.

- Apples float because 25% of their volume is air!
- Apples are a member of the rose family.
- There are 2500 varieties of apples grown in the United States and 7500 worldwide.
- There are an estimated 360,000 applebearing trees in Georgia.
 - Apples are high in fiber and vitamin C!





Visit **fcsnutrition.com** for menus and more info!

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