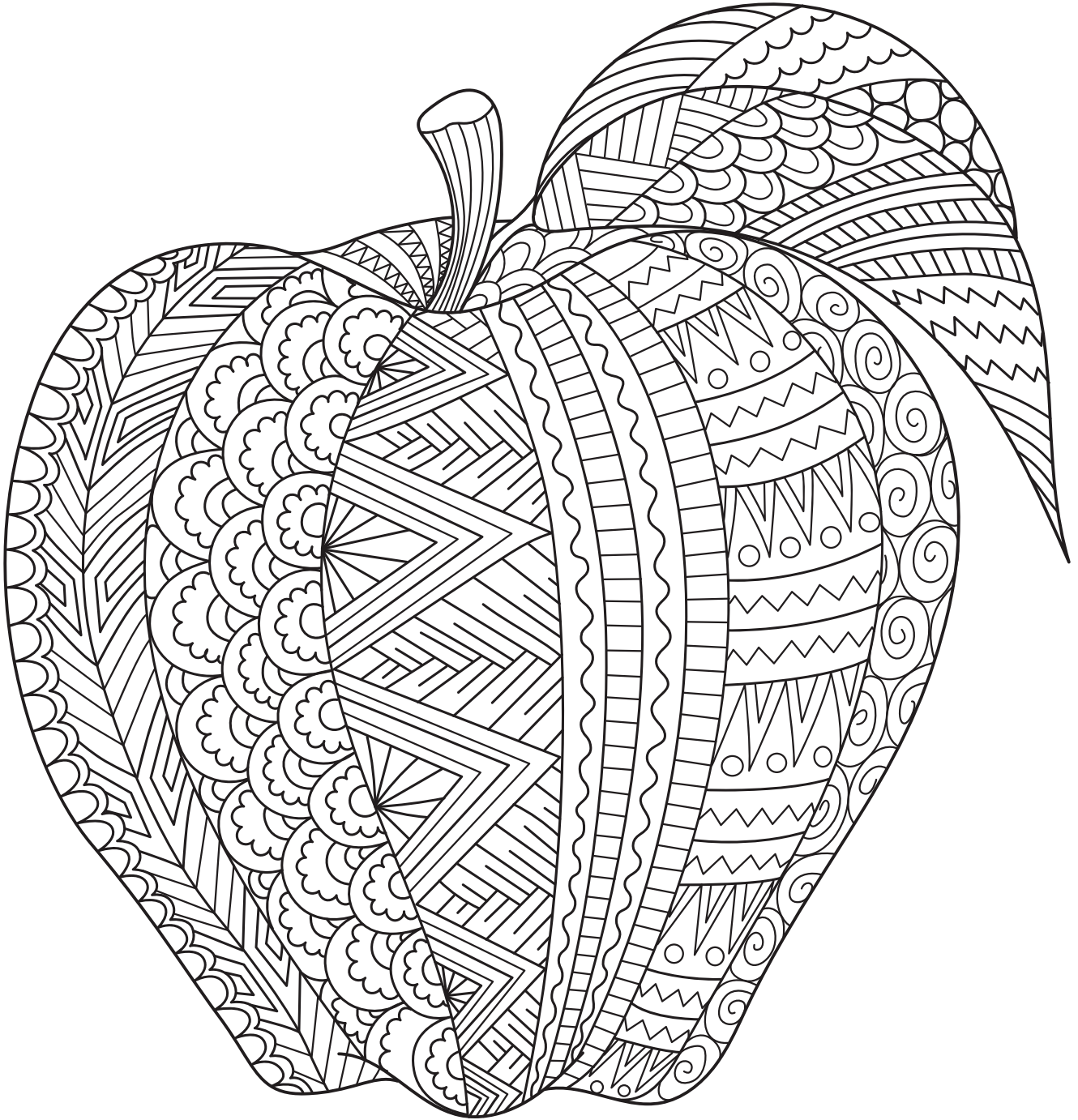


APPLE



APPLES originated in central Asia. They are one of our most popular fruits with many varieties. Apples are rich in fiber and high in Vitamin C, potassium, and antioxidants.