



The valley between the Snake and Payette rivers has been producing delicious Idaho **apples** since the 1890's. Idaho **apple** farmers helped pioneer the **apple** industry in the Northwestern United States. Idaho's unique blend of good terrain, climate, soil, and water guarantee the highest quality **apples** possible.

Idaho **apple** farmers grow at least 9 different varieties of **apples**, including Braeburn, Fuji, Granny Smith, Gala, Jonagold, Jonathan, Golden Delicious, Red Delicious, and Rome **apples**. Each Idaho **apple** is carefully cultivated and harvested so that when it gets to you, it is fresh, crisp, and juicy, just the way an **apple** should be.

Idaho is ranked among the top 10 in the nation for **apple** production, with an average crop value of over \$10 million! Idaho's **apples** are not only enjoyed here in our state, but are shipped all over the world to be enjoyed by people living in places like Mexico, China, Guatemala, and many other countries.

Like all fruits and vegetables, **apples** are an important part of a healthy diet. **Apples** have no fat, cholesterol or sodium, and contain a multitude of important nutrients, such as potassium, dietary fiber and naturally occurring anti-oxidants.

It's just not fall without the sweet crisp taste of **apples** fresh from the orchards of Idaho. Look for **apples** with the Idaho Preferred® logo at local retailers, farmers markets and maybe even your school cafeteria!

