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Apples are a popular fruit, containing antioxidants, vitamins, dietary fiber, and a range of other nutrients. Due to their varied nutrient content, they may help prevent several health conditions....

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Apples can be consumed various ways: juice, raw in salads, baked in pies, cooked into sauces and spreads like apple butter, and other baked dishes. Apples are sometimes used as an ingredient in savory foods, such as sausage and stuffing. Several techniques are used to preserve apples and apple products.

[Apples: Nutrition & Health Benefits - WebMD](#)

Look for apples that feel firm, smooth and heavy for their size, with no bruises or wrinkling on the skin. As apples ripen, they give off ethylene gas, which shortens the storage life of some other vegetables, so keep them

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in a bag in your refrigerator ' s crisper.

[Apples: Health Benefits, Risks & Nutrition Facts | Live ...](#)

Apples are among the world ' s most popular fruits. They grow on the apple tree (*Malus domestica*), originally from Central Asia. Apples are high in fiber, vitamin C, and various antioxidants. They...

[10 Impressive Health Benefits of Apples](#)

Fall Harvest Apples . The below apple varieties are available and are at the peak of season from September

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through October. Kiku Apple. This colorful apple is crunchy and sweet with a firm and very juicy flesh. Enjoy as a snack, in homemade applesauce or add slices to a salad or grilled cheese quesdilla for a sweet crunch!