

# The Benefit of Apples

A warm smell of apples baking is a sure sign that fall is here. Apples this year are especially plentiful. The US is the second top apple producing country in the world. Michigan is the 3rd top state for apple growing (below Washington and New York). As we know, Michigan's state flower is the apple blossom. Apples are often called the "King of Fruits" and have been enjoyed since creation.

What is your favorite apple? There are 2500 varieties grown in the US, the most popular being the red delicious and granny smith. Did you know that each apple has 5 seed pockets or carpels? Apples can be used in virtually any recipe - salads, breads, with meats, deserts, appetizers, and cider.

We've all heard the saying, "An apple a day keeps the Dr away". In fact, scientists are now saying that eating apples on a regular basis can prevent certain diseases and improve overall health. There are 5 reasons why we should eat an apple a day:

1. Your diet – Apples are the perfect, portable snack: great tasting, energy boosting and free of fat.
2. Your heart – Research confirms it! The antioxidants phytonutrients found in apples help fight the damaging effects of (LDL) bad cholesterol.
3. Your digestion – Just one apple provides as much dietary fiber as a serving of bran cereal. That is about 1/5 of a recommended daily intake of fiber.
4. Your lungs – An apple a day strengthens lung function and lower the incidence of lung cancer as well.
5. Your bones – Apples contain the essential trace element boron, which has been shown to strengthen bones – a good defense against osteoporosis.

Health wise, a medium apple has 80 calories, 4 grams of fiber, 0 fat, and 0 cholesterol. Don't peel the apple because two-thirds of the fiber and antioxidants are in the peel.

As we near the thanksgiving season, we are reminded of the song:

Oh, the Lord's been good to me,  
And so I thank the Lord  
For giving me the things I need:  
The sun and the rain, and the appleseed;  
Oh, the Lord's been good to me.

Psalms 17:8 reads, " Keep me as the apple of the eye, hide me under the shadow of thy wings".