



FUJI APPLES

- ◆ These apples grow right here in the Walla Walla Valley at LeFore Orchards in Milton-Freewater, OR.
- ◆ The Fuji is a cross of the Red Delicious and the Virginia Ralls Janet apples.
- ◆ The Fuji was developed in Japan in 1962 and named after Mount Fuji.
- ◆ Apples have about 80 calories and are a good source of fiber and vitamins A and C.
- ◆ Fuji apples are a late harvest apple and picked in Late September and October.
- ◆ In ancient Greece, tossing an apple to a girl was a traditional proposal of marriage; catching it was acceptance.