



October is National Apple Month! Celebrate this popular fruit by incorporating apples from a local orchard!



Why Apples?

- The skin of apples contains lots of soluble fiber, which can reduce blood cholesterol, supporting overall cardiovascular health.
- Increasing fiber intake through apples helps regulate digestion by allowing better bowel movements. Fiber within apples aids in satiety.
- Apple skin is high in vitamin C, which plays a role in boosting the immune system.
- Apples are high in flavonoids, an antioxidant that reduces inflammation.

Pick Local! Eat Local!



Solebury Orchards has over 20 apple varieties!



Indian Orchards has apple picking and fresh cider!



Linvilla Orchards has over 25 apple varieties spread over 20 acres of land!



Highland Orchards has over 20 varieties, including Red and Golden Delicious, Ida Red, and Ambrosia!



For more information on apple picking near Philadelphia, click [here](#).