



APPLES

Apple Crunch Day

October 16, 2025



Fuji Apples

25_g **0_g** **4[★]_g** **195_{mg}** **90**
carbs fat fiber potassium calories

Crunch into a Fuji apple! The skin's packed with fiber that helps your tummy stay happy and your heart stay strong—plus, they taste amazing!

Cholesterol-Free | Good Source of Fiber | Fat-Free | Sodium-Free

Granny Smith Apples

15_g **0_g** **3_g** **55** **170[★]_{mg}**
carbs fat fiber calories potassium

Granny Smith apples = green, crunchy power! Packed with potassium for energy and vitamin C to keep you feeling strong.



Locally farmed in Ventura, CA





A Family's Organic Apple Legacy

Cuyama Orchards started in 1992 when Howard and Jean Albano planted apple trees in front of their farmhouse. A few years later, their son Byron joined to help sell the apples, and people quickly loved them!

By 1999, the farm became organic, and they kept planting more trees to share their tasty apples with even more people.

Today, Cuyama Orchards is in Ventura County, California, (Cuyama Valley) surrounded by tall peaks and forests. The warm days and cool nights there help the apples grow sweet, crunchy, and full of flavor.



sometimes sweet, sometimes tart.

ALWAYS DELICIOUS

for more information, please visit:

www.cuyamaorchards.com



***Cuyama's Gala are
especially sweet,
crisp, and fragrant,
delivering an extra
burst of flavor.***





All About Apples

Word Search

Apple Crunch Day

October 16, 2025



DIRECTIONS: Find and circle the words. Words can go in any direction. Words can share letters as they cross over each other.

G	P	K	R	K	L	Z	V	L	D	E	E	L	N	J	V	S	Q
N	A	I	Y	Z	P	Y	W	E	H	P	R	K	L	C	A	E	A
A	B	L	P	C	G	D	L	O	G	A	N	O	J	I	R	E	E
P	P	I	A	N	F	I	A	F	R	G	S	B	C	J	I	D	F
K	E	P	E	V	C	I	J	B	F	S	V	M	G	U	E	S	I
X	Q	F	L	I	B	U	D	J	V	Y	J	B	V	F	T	W	R
B	D	N	O	E	I	G	S	R	E	D	I	C	S	D	I	Q	M
Y	B	U	K	C	S	G	F	K	F	D	T	K	Y	L	E	P	T
I	S	C	Y	L	H	A	M	C	F	B	R	H	P	F	S	T	S
H	V	K	Y	R	U	G	U	K	I	U	K	A	Y	R	T	G	E
B	U	S	H	E	L	E	Y	C	I	R	S	H	H	F	B	X	V
A	T	I	P	N	Q	Z	F	R	E	L	C	R	N	C	R	A	R
P	A	X	K	I	O	I	G	T	E	N	L	P	M	L	R	P	A
C	C	F	L	H	N	I	H	E	U	I	Y	A	Q	B	N	O	H
K	O	N	M	R	J	M	P	R	S	T	E	M	D	X	Q	Z	D
G	R	W	U	W	N	J	C	N	K	G	V	O	D	D	M	U	Q
D	C	M	N	C	S	J	Y	U	Y	G	W	M	N	L	E	R	B
X	E	A	U	Z	N	U	T	R	I	T	I	O	U	S	J	R	L

Applesauce
Delicious
Jonagold
Peel
Bushel
Firm
Juicy

Pie
Cider
Fuji
Ladder
Seeds
Core
Gala

Nutritious
Stem
Crunchy
Harvest
Orchard
Varieties

