

Apple Picking



APPLE PICKING IS BOTH A FUN FALL WEEKEND ACTIVITY AND A PRACTICAL OPPORTUNITY TO STOCK UP ON FRUIT.

The trees are alive with brilliant scarlet, gold, and orange leaves about to fall to the ground. This is the time of year when local farms and orchards are proud to offer customers the opportunity to pick their own apples, pumpkins, and other crops.

In addition to “pick your own” activities, many local farms also offer other fun and seasonal things to do, such as hay rides and mazes. These can transform your apple-picking trip into full-day outing, with enjoyment for all ages!

And let’s not forget about the health perks of apples... Research points to apples as one important component in a diet to lower cancer risk. Because they are low in calories and high in fiber, they may also help promote healthy weight.

Apples are generally sold by the bucket or by the pound, enabling customers to purchase as many as they’d like, usually at a lower price than the grocery store. If you’re lucky enough to have a cool cellar, you might take the opportunity to stock up for weeks to come. If not, apples keep well in the fridge too. Whether with family, friends, or a solo outing, visiting a nearby orchard is a great and healthy way to have some seasonal fun!

If you know you are interested in a particular type of apple, you may benefit from doing your research. Some large orchards have multiple “pick your own” areas and multiple parking locations depending on what you are looking pick.

To find more orchards near you, visit:

pickyourown.org - *apple orchards organized by state & county*