GALA APPLE

• Apples are obtained from medium-sized tree belonging to the Rosaceae family. There are hundreds of varieties of apples!

• The apple tree is thought to have originated in nutrient-rich mountain ranges of Kazakhstan. (Located north of the Tien Shan Mountains, south of Siberia, west of the Caspian Sea, and east of China, has been inhabited since the Stone Age) Today, it is cultivated in many parts of the world including the US.

• Apple fruit's rich flavor comes from phyto-chemical, tartaric acid. This simple, low-calorie fruit compose good combination of fiber, minerals and vitamins.
ORANGES

• Botanically; orange is the citrus fruit belonging in the Rutaceae family, of the genus; Citrus. The genus citrus also includes other related species of oranges such as pomelo, tangerine (mandarin orange), yuzu, lemon, and grapefruit.

• The orange is unknown in the wild state; may have originated in southern China, northeastern India, and perhaps southeastern Asia, and that they were first cultivated in China around 2500 BC.

• Oranges are excellent sources of vitamin C, and fiber. Additionally, they carry health benefiting phytonutrients.
ZUCCHINI/SQUASH

Zucchini squash (courgette) is one of the most popular summer squashes in Americas and Europe. As in gourds, it too belongs within the *cucurbita-pepo* family of vegetables.

Summer squashes are believed to be originating in the Central America and Mexico. Several different cultivars of summer squash are grown throughout the United States during warmer, frost-free seasons.

Zucchini squash is one of very low calorie vegetables. The squash and blossoms are prized delicacies in Europe and Americas.

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Yellow squash has thin glossy skin which can vary from a light butter yellow to a bright lemon yellow. Yellow squash closely resembles the yellow crookneck squash with a tapering cylinder shape. The skin may be pebbled with bumps or smooth.

Yellow squash is a summer variety of squash and botanically a part of Cucurbita Pepo. Also known as early prolific Straightneck or simply yellow summer squash it is predominately grown and utilized in North America.

Squash contains carotenoids which gives the squash its signature yellow hue and acts as antioxidants in the human body. They also contain lutein, alpha-carotene, beta-carotene, folate, fiber and bio-available copper.
GREEN BEANS

• Broadly, tender green beans are classified depending on their growth habits as "bush beans" which stand without the need of support, and "Pole Beans" that need climb supports (trellis). The other varieties of unripe fruit pods of bean family include shell beans, Pinto or mottled beans, White beans, Red or kidney beans, Black beans, Pink beans and Yellow wax beans.

• Almost all the varieties of beans can be available year around across the world. They are grown in The Northeastern and Western US, and in Mexico.

• Green beans are good sources of vitamin-A, folic acid, vitamin-C and dietary fiber.
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Blackberries

• Sweet blackberries are summer delicacies in the northern temperate regions. Like raspberries, they too grow on shrubs known as "brambles". Brambles are a small perennial shrubs belonging to the Rosaceae family of bush berries.

• The plant is native to sub-arctic Europe, and now-a-days grown at commercial scale in North America, particularly in the USA, to as far as Siberia.

• Blackberries have significantly high amounts of phenolic flavonoid phytochemicals and salicylic acid. High in fiber, folate, and vitamin C.
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REFERENCES

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