

Apple Hill bursting with flavors of the season

By Carlos Alcalá, Sacramento Bee

World Apple Day will have its 21st anniversary on the 21st (Friday), and apple experts – nutritionists, markets and producers – from Sonoma to Camino are all telling us the same thing: They never heard of it.

Californians haven't exactly adopted World Apple Day – a British idea – but that doesn't mean apples aren't getting a lot of attention lately.



Apple Hill
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Photo/LTN
file

Apple Hill just finished its busiest weekend of the year, said Ann Wofford, director of the Apple Hill Growers Association, a collection of 55 orchards and other agricultural businesses in El Dorado County.

Liz Applegate, a nutritionist at UC Davis, is promoting the apple as vigorously as she does all year.

“It does more than keep a doctor away,” she said, alluding to its weight-control benefits.

October is also National Apple Month, according to the U.S. Apple Association.

Read the whole story