



WELCOME TO THE BC AMBROSIA APPLES NEWSLETTER - February 2016



How Deep is Your Love?

Have you entered our Ambrosia Love Photo Contest yet? Not only is it a great way to share your love for Ambrosia apples, there's also your chance to win one of three amazing adventures in the Okanagan! The grand prize is a 3-night stay for 4 at the [Summerland Waterfront Resort & Spa](#) including spa and dining experiences as well as a wine tour. Our second prize is a 3-night stay for 2 at the [Prestige Hotel](#) in Vernon and includes dinner and a half day wine tour. Third prize is a night on the town in Kelowna courtesy of [Kelowna Actors Studio](#) for four. These are great prizes and all it takes to win is capturing your Ambrosia Love in a photo. Here's a tip: Impress the judges by making the ambrosia apple the hero of your shot. Get all the [details here](#) and then get snappin'.

Right Now in the Orchard

A lot of people think that farmers get to hibernate all winter long - take a nice long vacation. Actually, it's one of the busiest times. Each and every tree gets some attention and a bit of a haircut, so to speak. It's pruning time in the orchard. We created a video with Ambrosia grower Bob Thompson to show you what it's all about.





Apples vs. the Winter Blues

With shorter, darker days and more time spent indoors, many of us suffer from those winter blahs. Did you know that an apple a day is also a good way to keep the blues away? [Ambrosia apples](#) are loaded with phyto-nutrients that help us rebuild our neurotransmitters.

Consider neurotransmitters as happiness highways because they get our mood-boosting neuro-chemicals where they need to go. Plus, apples are high in soluble fiber which helps balance our blood sugar and manage mood swings. That's a really scientific way of saying that Ambrosia apples are your little dose of happiness this winter.



So Much Love

In addition to all of the entries to our Ambrosia Love Photo Contest, we still get love hits from social media every day. Here are a few Ambrosia love notes left on Twitter lately:

@DanIsTheBest: ambrosia apples are better than candy.

@l3l3ssed: Ambrosia apples are so good.

@sj_barlament Ambrosia apples are still the best apples and always will be. #fightme

@macks_harris: Recently I've been big into ambrosia apples. Good stuff!

@dyliemac: had a nightmare that ambrosia apples were \$9.99/0.75lb

Got some love to share? Be sure to use the hashtag [#AmbrosiaApples](#) so we can find and share your posts.

Connect with us directly on [Twitter](#), [Facebook](#), [Pinterest](#) and [Instagram](#).

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