

AmbrosiaApples.com/canada

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**Ambrosia®**  
...Mmmbrovia. Sweet by Nature.

## 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

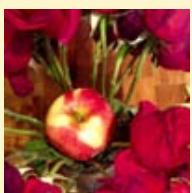
A lot of people think that farmers get to hibernate all winter long - take a nice long vacation. Actually, it's one of the busiest times. Each and every tree gets some attention and a bit of a haircut, so to speak. It's pruning time in the orchard. We created a video with Ambrosia grower Bob Thompson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

@l3lressed: 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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