

Not your ordinary apple

AmbrosiaApples.com/canada

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WELCOME TO THE BC AMBROSIA APPLES NEWSLETTER - August 2016



The Ambrosia Harvest is Early!

Harvest time is always up to the apples. This year, they're eager to get off the tree. Ambrosia apples can be ready for harvest any time during September or October. This year, the more southern orchards are reporting that they might start picking at the end of August! Don't expect them right away in your stores because they still have to make their way through the [packing house](#). But, you can get excited because the wait for Ambrosia apples is almost over!

Want to know what harvest is all about? Check out [this video](#).



The New Snacking

Snacking. It's the downfall for so many people who are watching their weight or trying to eat healthy. At least it used to be. [Snacking has had a make-over](#) and is now something that health experts and dieticians recommend. Of course, we're not talking about the junk food variety. We're talking about small, healthy snacks that keep your body from heading into 'starve mode.' You know, like an Ambrosia apple.



Will Run for Apples

Whether you're a casual jogger or you've got a marathon date circled on the calendar this fall, you need more Ambrosia apples. It turns out apples are [great for runners](#). They provide energy when you just don't feel like lacing up the runners, fuel you on the run and even help your body recover after. Plus, thinking about that fresh, juicy Ambrosia waiting for you might just help you run a little faster.



Take This to the Park

Don't you just love a recipe that you can pack up and take for a picnic? We found an amazing recipe that pairs Ambrosia apples with kohlrabi in a crunchy slaw. It's the perfect dish for your first Ambrosia apples of the season! In our blog, we suggest that you might want to take it to a potluck but it's so tasty, you might want to keep it all to yourself. Find out more about it [here](#).



Tweet of the Month

With harvest just around the corner, we're gearing up to respond to all of your tweets and posts about this year's bounty. In the meantime, we'd like to share our absolute favourite tweet from this past month.

@jasonsbitess: I feel like "powered by Ambrosia apples" is a very accurate depiction of my life.

We'd love to hear from you too. Connect with us on [Twitter](#), [Facebook](#), [Pinterest](#) or [Instagram](#) and don't forget to add #AmbrosiaApples.

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