

Emerald Edition

A Bimonthly Magazine from Your Friends at TheBANK of Edwardsville

Finding the Right Apple for Your Taste buds!

When it comes to choosing the right apple that fits your taste there are several different ones to choose from. Apples range in taste from being very sweet to very tangy. Below a guide is provided:

Granny Smiths

- This green apple is extremely tart, crisp, juicy and versatile

Golden Delicious

- This all purpose apple is mellow and sweet while the flesh of this apple stays white the longest

Fuji

- This fresh discovery is full of super sweet flavor

Cripps Pink

- This apple combines firm, crisp flesh with a unique tangy-tart sweet flavor

Braeburn

- This apple's rich, sweet-tart flavor is mixed with a spicy flavor is very high impact

Red Delicious

- This American classic is crunchy with a mildly sweet flavor

"An Apple a Day Helps Keep the Doctor Away!"

With September being Mom and Apple Pie Month and October following right behind being National Apple Month, it's time to talk about apples and how they can benefit you and your health. This sweet, juicy fruit originated in Southwestern Asia but the Romans are credited for discovering that this wild fruit could be cultivated into a solution to certain health problems. It is reported that apples can reduce the risks of asthma, lower blood cholesterol, as well as reduce the risks of strokes. The disease fighting nutrition found in apples provides several health benefits including decreasing the risks associated with heart disease and cancer.

Apples can also serve as a healthy way to control your weight and keep you in shape. Apples contain a source of dietary fibers which work by aiding the digestion and promoting healthy weight loss. In addition, this richly nutritious fruit contains close to zero grams of fat and has low levels of cholesterol. Among other things, apples are a great way to keep your teeth strong and healthy as they serve as a cleaning and whitening tool. The next time you go and reach for a snack, think about grabbing an apple. This tasty fruit could actually save your life!

UPCOMING EVENTS!!!!!!

September 1, 2009 - Labor Day

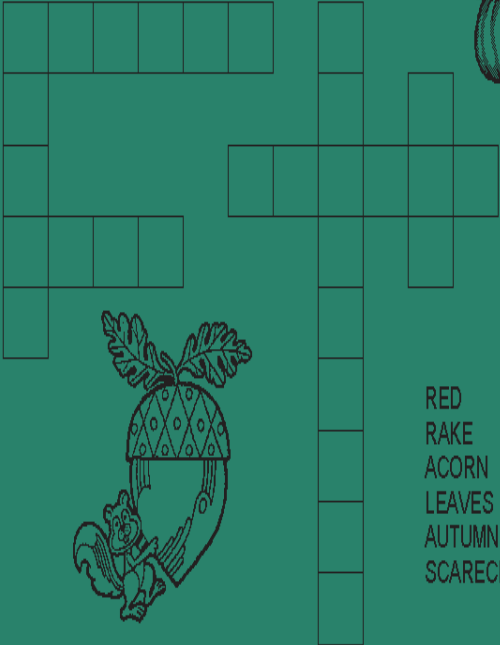
September 25, 2009 - 12th Annual
Run for a Cause

October 15, 2009 - 5th Annual
Costume Party!!!

October 31, 2009 - Halloween!!!!

Fall Crossword

Fit all the words into this puzzle below



RED
RAKE
ACORN
LEAVES
AUTUMN
SCARECROW

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TheBANK of Edwardsville
330 West Vandalia
Edwardsville, IL 62025

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Happy Halloween



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