



# Apples

**Apples** are a crisp, white-fleshed fruit and generally have a pink, red, yellow or green skin. In addition there are several bi and tri colored varieties as well. The apple is actually a member of the Rose family. Apples have a moderately sweet, refreshing flavor and a tartness that is present to a greater or lesser degree depending on the variety.



A diet rich in apples has been associated with a variety of health benefits, including weight loss, improved lung function, lower risk of stroke, cancer and heart disease.

In the northern hemisphere, apple season begins at the end of summer and lasts until early winter. Apples can be stored for relatively long time periods ranging from 9-12 months depending on the variety.

There are over 7500 different varieties of apples grown in the world. The United States grows over 100 different varieties and in 36 states commercially. The most popular varieties you will see in our local supermarkets include; Red Delicious, Golden Delicious, Granny Smith, Gala, Fujis, Honeycrisp, Pink Lady and Empire.

**Red Delicious** is one of the most well-known commercially grown apples in the US. It tends to have a heart shape, bright red in color and is mildly sweet. Red Delicious are best eaten raw and do not cook well. They are harvested in September and are available throughout the year.



## Red Delicious Apple Availability

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Washington	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓



# Apples

**Golden Delicious** variety has yellow skin color at the height of ripeness but we export them at a light green color. They have a low acid giving them a sweet flavor. This is an excellent apple to use in baking. Golden Delicious has been parent to many well known varieties such as Gala, Pink Lady and Jonagold to name a few. These are available all year long.



## Golden Delicious Apple Availability

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Washington	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

**Granny Smith** apples have a bright green skin that is often speckled with faint white lenticels (spots). They are generally medium to large in size with a slightly thicker skin. Their flesh is bright white and crisp in texture with a tart, acidic, yet subtly sweet flavor. These are available all year long.



## Granny Smith Apple Availability

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Washington	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓



# Apples

**Galas** have a thin skin which is a light yellow to orange color with pink to red stripes that vary dependent upon the apples maturity. The interior flesh is a creamy yellow with a sweet and aromatic flavor. Gala's that reach the peak of their sweetness on the tree will have a deeper red hue and a slightly sweeter flavor. They are available all year long.



## Gala Apple Availability

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Washington	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

**Fuji** apples are typically round and range from large to very large, averaging 75 mm in diameter. They contain between 9–11% sugars by weight and have a dense flesh that is sweeter and crisper than many other apple varieties. Fuji apples tend to have a very long shelf life compared to other apples. These are available all year long.



## Fuji Apple Availability

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Washington	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓



# Apples

**Honeycrisp** is a relatively new variety from the USA that was developed by the University of Minnesota. This variety is known to grow well in cold climates and is one of the most cold-hardy of apple varieties. It has a red exterior color with a cream interior flesh. These are very crisp and juicy with a sweet flavor. Honeycrisp tend to be higher priced than other varieties as they are labor intensive to cultivate. This variety tends to ripen unevenly and as a result the apples are picked multiple times making it costly for the farmers at harvest time. These are available September through March.



## Honeycrisp Apple Availability

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Washington	✓	✓	✓						✓	✓	✓	✓

**Pink Lady** is also one of the newer variety of apples which has become well known worldwide especially in Australia. The Pink Lady is actually a trademark and the variety is more correctly known as Cripps Pink. Pink Lady apples were developed by a man named John Cripps of Western Australia's Department of Agriculture. They are a cross between a Lady Williams and Golden Delicious apples. The variety can only be sold as "Pink Lady" if the apple has the proper color intensity and has the right sugar vs. acid content. Pink Lady has a distinctive pink blush with a light green background and a slightly tart taste. These are available November through May.



## Pink Lady Apple Availability

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Washington	✓	✓	✓	✓	✓						✓	✓



# Apples

**Empires** are a cross between McIntosh and Red Delicious. It is generally quite round, with a skin that's bright red with hints of green. The interior is crisp and creamy white. This variety is both an excellent eating and baking variety. These are available December through May.



## Empire Apple Availability

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Washington	✓	✓	✓	✓	✓							✓