

Idaho Apples

Favorite Varieties



Gala

The combination of red, orange, and yellow give Gala its beautiful color. Eaten fresh or added to an apple recipe, Gala apples offer a sweet, crisp taste to be enjoyed by everyone.

Available: Starting late August



Jonathan

One of the first apple varieties available each harvest season. Jonathan is popular eaten as a fresh apple, and used as a baking apple. They are deliciously tart with a wonderful sweet balance. They are a deep red color with yellow highlights.

Available: Starting early September



Red Delicious

The world's favorite fresh apple. The mild, sweet flavor and deep red color of the traditional Red Delicious make them a favorite fresh eating apple. Enjoy them with caramel dip, or add them to a salad.

Available: Starting early to mid-September



Jonagold

What do you get when you cross a Jonathan with a Golden Delicious? An apple with exceptional flavor! The Jonagold is a sweet and slightly tart apple with a bright red and gold color. They are great for eating as a snack, added to salads, or used in apple recipes.

Available: Starting early to mid-September



Golden Delicious

The colorful, sweet Golden Delicious is a versatile apple that can be used successfully in almost any capacity—ornamental to cooking. The yellow color and white flesh gives applesauce a nearly pure white color. They are also enjoyed eaten fresh.

Available: Starting early to mid-September



Honey Crisp

This honey of an apple has a honeyed, mild flavor and crispness deemed explosive. Honeycrisp's skin is a distinctive mottled red with yellow background. Honeycrisp is good for snacking, salads and sauce-making, and stores well.

Available: Starting September



Rome

The firmer texture of Romes has helped them gain popularity as a baking apple. Peeling is made easy because of their uniform round shape. Romes are ideal for pies, applesauce, and freezing; their slightly tart flavor makes them a great fresh eating apple as well.

Available: Starting late September



Fuji

The firm, sweet, appetizing flavor of the Fuji makes this an apple of distinction. The Fuji's color ranges from greenish-yellow with red highlights to full red. Refrigerated, this is an excellent storage apple.

Available: Starting early October



Braeburn

Braeburns range in color from greenish-yellow with red highlights to solid red. The firm, crisp flavor of the Braeburn is a combination of tartness and sweetness that makes Braeburn an enjoyable snacking apple.

Available: Starting early October



Granny Smith

The tangy, fresh flavor of the Granny Smith lends itself well for many uses. Tossed in a salad, baked in a pie, or eaten fresh, the Granny Smith with its touch of pink blush and its tart flavor can't be beaten.

Available: Starting mid-October



Pink Lady®

A cross between a Golden Delicious and Lady Williams, crunchy Pink Lady has a unique sweet-tart flavor described as "Gala with a Zing". Pink Lady is great for snacking, slicing, or dicing on a salad, or for baking.

Available: Starting mid-October

Source: US Apple Association



Idaho Apple Commission

118 N. Second. St. • P.O. Box 909
Parma, ID 83660

Phone: (208) 722-5111 • Fax: (208) 722-6582
Candi Fitch, Executive Director

www.idahoapples.com



Apple Nutrition Facts:

- Apples are a rich source of phytonutrient (plant-based) antioxidants.
- Apples and apple juice are two of the best sources of the mineral boron, which may promote bone health.
- Apples contain natural fruit sugars, mostly in the form of fructose.
- Because of apples' high fiber content, the fruit's natural sugars are slowly released into the blood stream, helping maintain steady blood sugar levels.