|  |  |  |
| --- | --- | --- |
| **Granny Smith**  Ein Bild, das Apfel, grün, Obst, drinnen enthält.  Automatisch generierte Beschreibung  **Size:** medium to large and round  **Country of origin:** Australia  **Colour:** bright green skin often speckled with faint spots  **Taste:** firm and juicy with a thick skin and acidic/sweet flavour  **Good for:** baking, salads  **Availability:** all year round  **Nutritional value:** high in antioxidants, good source of soluble fibre, vitamins A and C  **Interesting fact:** Granny Smith is one of the first varieties of apple widely available in supermarkets as they have thick skins and are great for storing qualities. | **Golden Delicious**  Ein Bild, das Apfel, Obst, drinnen, grün enthält.  Automatisch generierte Beschreibung  **Size:** small to medium in size, and oblong in shape  **Country of origin:** USA  **Colour:** pale green to golden yellow, speckled with small spots.  **Taste:** firm, crisp, aromatic flavour  **Good for:** dessert, pureeing, baking, juicing and drying  **Availability:** autumn through to summer  **Nutritional value:** low in calories, good source of soluble fibre, contain vitamins A and C  **Interesting fact:** Golden Delicious is a parent apple to well-known varieties such as Gala and Pink Lady. | **Braeburn**  Ein Bild, das Apfel, Obst, drinnen enthält.  Automatisch generierte Beschreibung  **Size:** medium to large, oval in shape  **Country of origin:** New Zealand  **Colour:** thin skin, yellow and is covered with pink and red stripes  **Taste:** crisp and juicy, with sweet subtle hints of spice, nutmeg and cinnamon  **Good for:** eating raw, baking, roasting, pureeing  **Availability:** late autumn to early spring  **Nutritional value:** good source of fibre, vitamins A and C  **Interesting fact:** The striping varies depending on the climate. It is created by nature. |

|  |  |  |
| --- | --- | --- |
| **Gala**  Ein Bild, das Apfel, drinnen, Obst, grün enthält.  Automatisch generierte Beschreibung  **Size:** medium  **Country of origin:** New Zealand  **Colour:** yellow to orange skin, highlighted with pink to red stripes  **Taste:** crisp, with sweet flavour and floral aroma  **Good for:** snacking, salads and chutneys  **Availability:** all year round  **Nutritional value:** low in calories, vitamins A, C and B, also fibre and trace amounts of boron  **Interesting fact:** Gala apples grow well in warm and cold climates. | **Cameo**  Ein Bild, das Obst, Apfel, drinnen enthält.  Automatisch generierte Beschreibung  **Size:** small to medium  **Country of origin** Kent, England  **Colour:** varies from red to pale green/orange  **Taste:** bland with a hint of pear  **Good for:** eating  **Availability:** late summer/autumn  **Nutritional value:** low in calories, high in fibre  **Interesting fact:** The Cameo apple is considered a new apple variety. | **Pink Lady**  Ein Bild, das Apfel, Obst, drinnen enthält.  Automatisch generierte Beschreibung  **Size:** medium to large  **Country of origin:** France  **Colour:** pink/blush colour  **Taste:** crisp, sweet and juicy  **Good for:** eating  **Availability:** needs a long warm season to mature  **Nutritional value:** high in vitamins  **Interesting fact:** Pink Lady is the trade name. It is actually a Cripps Pink apple. |

|  |  |  |
| --- | --- | --- |
| **Red Chief**  Ein Bild, das Apfel, Obst, rot, drinnen enthält.  Automatisch generierte Beschreibung  **Size:** small  **Country of origin:** Spain  **Colour:** deep red  **Taste:** firm, crunchy and scented  **Good for:** cooking or eating raw  **Availability:** all year  **Nutritional value:** good for vitamins  **Interesting fact:** The Red Chief apple oxidises really quickly. It is originally from Chile. | **Fuji**  Ein Bild, das Obst, Apfel, Tisch, drinnen enthält.  Automatisch generierte Beschreibung  **Size:** large to very large, 75mm  **Country of origin:** Spain  **Colour:** pink flecks over yellow green skin  **Taste:** sweet, crisp and juicy  **Good for:** good all-rounder  **Availability:** all year  **Nutritional value:** good for fibre and vitamins  **Interesting fact:** The Fuji apple is originally from Japan. | **Red Delicious**  Ein Bild, das Apfel, Obst, drinnen enthält.  Automatisch generierte Beschreibung  **Size:** large heart-shaped  **Country of origin:** USA  **Colour:** deep red, and speckled  **Taste:** crisp/ dense, with a sweet and floral aroma  **Availability:** all year round  **Nutritional value:** small amount of vitamin A and C, higher in antioxidants than many other apples  **Interesting fact:** Their flavour goes well with cinnamon, cheddar cheese, chard, cherries, and mustard. |