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| **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. |

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| **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. |

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| **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. |