# **Granny Smith**



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**



**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



**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



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



Size: small to medium

**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**



Size: medium to large
Country of origin: France
Colour: pink/blush colour
Taste: crisp, sweet and juicy

Good for: eating

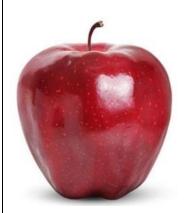
Availability: needs a long warm season to

mature

Nutritional value: high in vitamins

**Interesting fact:** Pink Lady is the trade name. It is actually a Cripps Pink apple.

## **Red Chief**



Size: small

Country of origin: Spain

Colour: deep red

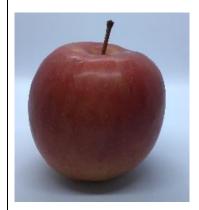
**Taste:** firm, crunchy and scented **Good for:** cooking or eating raw

Availability: all year

**Nutritional value:** good for vitamins **Interesting fact:** The Red Chief apple oxidises really quickly. It is originally from

Chile.

Fuji



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**



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.