

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

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



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.