

PRINTABLE APPLE GUIDE



OVERVIEW:

It's been said that an apple a day keeps the doctor away, but which apple should you eat? Actually, all apples are rich in vitamins, nutrients, and antioxidants, but their tastes, colors, textures, uses, and even availability vary depending on their variety.

So print out the chart below, and keep it as a handy reference for whenever you shop for this fabulous fruit! It also fits into an 8x10-inch frame, so you can use it to display in your home for some festive decor!

WHAT'S INCLUDED:

- **Apple Guide**
Learn the flavors and uses for 9 apple varieties.

«««««««« HOW ABOUT THEM »»»»»»»»»»

APPLES



GRANNY SMITH

Tart. Best for snacking, baking, and sauces. In season all year.



EMPIRE

Sweet and tart. Best for snacking; also used for baking and sauces. In season all year.



FUJI

Very sweet. Best for snacking; also used for baking and sauces. In season all year.



GALA

Very sweet. Best for snacking and sauces; also used for baking. In season all year.



BRAEBURN

Sweet and tart. Best for snacking; also used for baking and sauces. In season Sept.-Oct.



GOLDEN DELICIOUS

Sweet. Best for snacking, baking, and sauces. In season all year.



HONEY CRISP

Sweet. Best for snacking, baking, and sauces. In season Sept.-May.



RED DELICIOUS

Less sweet. Best for snacking. In season all year.



JONAGOLD

Sweet and tart. Best for snacking, baking, and sauces. In season Oct.-July.