



APPLE TALK

Is anyone “the mango of your eye”? Ever heard of a “plum polisher”? Does “a fig a day keep the doctor away”? There’s good reason that there are more sayings about apples than about any other fruit. Apples are the most varied food on the planet, according to the U.S. Apple Association. There are more than 7,500 known varieties of apples grown worldwide and about 2,500 varieties grown in the United States.

With this great diversity it’s no wonder they’ve become such a part of our lives. Ranging in texture from tender to crisp and in flavor from sweet to tart, apples are perfect for snacking or for whipping up a pie. Plus, they’re a good source of fiber and vitamins A and C as well as antioxidants.

Autumn is a great time to enjoy your favorites fresh from the orchards—or try some of the new varieties. Use our guide to help you make the best match. ■



Apple Tips

- The best way to store apples is inside a plastic bag in the crisper drawer of your refrigerator.
- To make a 9-inch pie, you will need 2 pounds of apples (6–8 medium apples).

LUNDS AND BYERLY'S APPLE GUIDE

VARIETY	FLAVOR*	TEXTURE*	FRESH & SALAD	PIE	SAUCE	BAKING
Braeburn	Slightly tart	Crisp	Very good	Excellent	Good	Very good
Cameo	Sweet	Slightly crisp	Very good	Very good	Good	Very good
Cortland	Slightly tart	Crisp	Excellent	Excellent	Very good	Good
Fireside	Slightly sweet	Slightly crisp	Excellent	Fair	Fair	Good
Fuji	Sweet	Crisp	Excellent	Good	Fair	Very good
Gala	Slightly sweet	Slightly crisp	Excellent	Very good	Fair	Very good
Gingergold	Slightly sweet	Slightly crisp	Very good	Very good	Good	Fair
Golden Delicious	Sweet	Tender	Excellent	Excellent	Very good	Very good
Granny Smith	Tart	Crisp	Very good	Very good	Very good	Very good
Haralson	Tart	Crisp	Very good	Excellent	Good	Very good
HoneyCrisp	Sweet / Tart	Extra crisp	Excellent	Excellent	Good	Very good
Honeygold	Sweet	Slightly crisp	Excellent	Very good	Very good	Good
Jazz	Sweet / Tart	Crisp	Excellent	Very good	Good	Fair
Jonagold	Sweet	Slightly crisp	Excellent	Very good	Fair	Excellent
Lady Alice	Sweet / Tart	Crisp	Excellent	Very good	Very good	Good
McIntosh	Slightly tart	Tender	Very good	Good	Very good	Fair
Paula Red	Slightly tart	Slightly crisp	Very good	Very good	Fair	Poor
Piñata	Zesty / Tangy	Crisp	Excellent	Very good	Excellent	Very good
Pink Lady	Sweet / Tart	Crisp	Excellent	Very good	Excellent	Very good
Red Delicious	Sweet	Crisp	Excellent	Fair	Fair	Poor
Regent	Sweet	Crisp	Excellent	Very good	Good	Good
Rome Beauty	Slightly tart	Slightly crisp	Fair	Very good	Very good	Excellent
SweeTango	Sweet / Tart	Extra crisp	Excellent	Excellent	Good	Very good
Zestar	Zesty	Slightly crisp	Excellent	Good	Good	Good

* Varieties may vary in flavor and texture according to the season.

SOURCE: LUNDS AND BYERLY'S – LUND FOOD HOLDINGS, INC. – FALL 2009