



## OVERVIEW:

All apples are rich in vitamins, nutrients, and antioxidants, but their tastes, colors, textures, uses, and even availability differ depending on the variety.

*Print out this chart to use as a handy reference whenever you shop for this fabulous fruit!*

## WHAT'S INCLUDED:

- **Apple Chart**  
*A guide to the flavors and uses of nine apple varieties*

HOW ABOUT THEM

# APPLES



**Braeburn**

Sweet and tart. Best for snacking; also used for baking and sauces. In season Oct.–April.



**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.



**Golden Delicious**

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



**Granny Smith**

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



**Honeycrisp**

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



**Jonagold**

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



**Red Delicious**

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