

APPLES *to* APPLES



Spartan

THE WHOLE SPECTRUM OF RED, SPARTANS CAN RANGE FROM BRIGHT AND ROSY TO ALMOST PURPLE. THEIR CRISP WHITE FLESH IS BURSTING WITH SWEET-TART JUICE.



Pink Lady

BRIMMING WITH FLAVOUR, THESE LADIES ARE DELICIOUS EATEN OUT-OF-HAND, PERFECT POACHED (THINK WINE AND WARMING SPICES) AND PRETTY ON CHEESE PLATTERS.



Fuji

JUICY, CRISP, SWEET, AND MILD, WITH CITRUS AND HONEY NOTES. FUJIS ARE EXCELLENT WITH SHARP CHEESES LIKE CHEDDAR.



Empire

RED, JUICY, FIRM, CRUNCHY, AND SWEET, THEY RIPEN IN SEPTEMBER AND OCTOBER AND KEEP FOR MONTHS BECAUSE THEY DON'T BRUISE EASILY. THIS MAKES THEM PERFECT IN LUNCH BOXES AND SALADS.



Braeburn

BRAEBURNS BRING A CLASSIC APPLE TASTE, EQUAL PARTS SWEET AND TART WITH CONNAMON AND PEAR NOTES. ENJOY THESE CRISP APPLES CHILLED AS PART OF YOUR CHEESE BOARD.



Ambrosia

BUTTERY YELLOW WITH A RED BLUSH, WHEN PEELED THEY REVEAL CREAMY YELLOW FLESH, CRISP AND JUICY, WITH JUST THE SLIGHTEST TANG.



Honeycrisp

SWEET AS HONEY, JUICY, CRISP, AND AROMATIC, THESE ARE THE PERFECT EATING APPLES. BITE RIGHT IN, OR GET FANCY: DICE THEM INTO YOUR SALAD OR COLESLAW OR SLICE THEM ONTO YOUR SANDWICH OR BURGER, WITH MELTY CHEDDAR.



Granny Smith

GRANNY SMITH'LL SMACK YOU WITH ITS TART ACIDITY. THEY ARE THE QUINTESSENTIAL PIE APPLE. BUT DON'T BE SCARED TO SERVE GRANNIES FRESH IN SALADS, SALSAS, SLICED WITH CHEESE OR DIPPED IN CARAMEL.



Royal Gala

MILDLY SWEET WITH FLORAL NOTES, GALAS ARE GORGEOUS ALL BY THEMSELVES. YELLOWY-ORANGE PINK AND RED STRIPED SKIN REVEALS CREAMY YELLOW, CRISP FLESH THAT SHINES FRESH.



Golden Delicious

THESE LARGE YELLOWISH-GREEN SKINNED APPLES ARE SUPER SWEET. THEY'RE PRONE TO BRUISING AND SHRIVELLING SO THEY NEED TO BE HANDLED WITH CARE, BUT THEY ARE THE PERFECT SNACKING APPLE, AND STAND OUT IN APPLE BUTTER.



Cortland

CROSSED WITH MACS, CORTLANDS ARE MEDIUM TO LARGE IN SIZE WITH A FLUSH OF CRIMSON AGAINST A PALE YELLOW BACKGROUND. SLOW TO BROWN, CORTLANDS ARE PERFECT IN SALADS OR SLICED ON CHEESE BOARDS.



McIntosh

THE MAC IS CANADA'S NATIONAL APPLE. WITH RED AND GREEN SKIN, IT'S GOT A TART, SWEET TASTE AND A TENDER FLESH, MEANING THEY DON'T STORE WELL. BUT THEY ARE A FABULOUS ALL-PURPOSE APPLE AND A REAL TREAT EVERY FALL.

FOR MORE DELICIOUS RECIPES AND TIPS, VISIT:

Squash Apple Bake: <https://thesweetpotato.ca/sweetmeals/squash-apple-bake/>

Easy Apple Pie: <https://thesweetpotato.ca/sweetmeals/easy-apple-pie/>

Apple Butter: <https://thesweetpotato.ca/sweetmeals/apple-butter/>