

# australian apples



## Apple Varieties and Brands

Large or small, green or red, tart or sweet, there's a wide range of apples to choose from. All Australian apples are great to eat just as they are, with many also suitable for baking, cooking, sauces and salads. Grab an Aussie apple today – the one a day superfood.



**Jonathan** Its small size makes it a great snack and a favourite with children.



**Jonagold** A large apple ideal for cooking, suitable for both hot and cold recipes.



**Granny Smith** A hard apple with a crisp tart flavour perfect for baking, freezing, salads, sauces and pies.



**Royal Gala** Medium in size with a sweet flavour, ideal for pies, sauces and salads.



**Fuji** This medium-sized apple is slightly sweeter than other varieties and is great in salads, pies, sauces. Can be frozen.



**Jazz™** A crunchy, effervescent cross between Gala and Braeburn apples. Small to medium in size, with a tangy, sweet flavour.



**Golden Delicious** Popular in tarts and pies, can also be caramelised for cakes and muffins.



**Braeburn** A unique combination of sweet and tart flavour, great in pies, salads and sauces. Medium to large in size.



**Sundowner™** Perfect for baking and a great eating apple.



**Red Delicious** A medium to large apple with a medium sweetness and crisp white, juicy flesh. Great in salads.



**Pink Lady™** Large with a firm, sweet, crisp, juicy flesh. Excellent in salads, sauces and pies.



Apple & Pear Australia

## An Apple A Day

- Full of antioxidants, apples are the super convenient superfood.
- Apples have the highest antioxidant content of Australia's most popular fruits.
- An apple has more antioxidants than half a punnet of blueberries, or a cup of strawberries, or two cups of tea, or three oranges, or a cup of grapes, or eight bananas!
- Apples are a good source of vitamins B and C and have a low glycaemic index (GI).
- They contain no fat, cholesterol or salt.
- Apples are a great source of dietary fibre - more than many leading breakfast cereals without the added salt and sugar.

## Major Growing Regions

Apples are grown in all states of Australia. Different regions have different climates so some varieties perform better in some areas than others.

VIC	Goulburn Valley, Harcourt, Yarra Valley, Mornington Peninsula and Gippsland
NSW	Orange, Bilpin, Forbes, Batlow
QLD	Stanthorpe
TAS	Tamar Valley and Huon Valley
SA	Adelaide Hills
WA	Perth Hills and Donnybrook/Manjimup

## Availability

	J	F	M	A	M	J	J	A	S	O	N	D
Jonathan												
Royal Gala												
Golden Delicious												
Red Delicious												
Jonagold												
Fuji												
Braeburn												
Pink Lady™												
Granny Smith												
Jazz™*												
Sundowner™												

\* New in 2009, from 2010 availability of Jazz™ will continue to increase and by 2013 Jazz™ apples will be available from April to December.

■ Picking Time ■ Available in Stores

## Apple Selection & Storage

- Choose apples with firm, smooth skin.
- Keep your apples crisp by storing them in the fridge.
- The Australian apple-picking season runs from February to May.
- Between harvests, growers store apples using sophisticated refrigeration to control the atmosphere and slow ripening.
- Good storage means that you can enjoy the taste and health benefits of apples all year round.

## Contact

For further information about Australian apples please contact Bite Communications on (02) 9969 6633.

The one a day superfood 

[www.oneadaysuperfood.com.au](http://www.oneadaysuperfood.com.au)