

Mann Orchards Apple Information

Fun Facts • Apple Profiles • Harvest Estimations

Average Apple Nutrition Facts

(One medium 2-1/2 inch apple, fresh, raw, with skin)

Calories: 81 • Carbohydrate: 21 g • Dietary Fiber: 4 g

Calcium: 10 mg • Phosphorus: 10 mg • Iron: .25 mg

Sodium: 0.00 mg • Potassium: 159 mg • Vitamin C: 8 mg

Vitamin A: 73 IU • Folate: 4 mcg

Apple Facts

- Two pounds of apples make one 9-inch pie. Apples are fat, sodium, and cholesterol free.
- A medium apples is about 80 calories.
- An apple is a great source of the fiber pectin (five grams).
- Apples are a member of the rose family.
- 25 percent of an apple's volume is air. That is why they float.
- They ripen much faster at room temperature than refrigerated.
- Two-thirds of the fiber and antioxidants are found in the peel.
- Apples are grown in all 50 states; 2500 varieties in total.
- The first U.S. apple trees were planted by the pilgrims in Mass.

Braeburn

Estimated availability: October 20th

Good For: EATING

Parentage / Origin: Possibly an open pollinated seedling of Lady Hamil; New Zealand, 1952



Description: Fruit is medium to large, red striped with an orange red blush on a yellow background. The flesh is pale, cream colored, crisp and juicy with a pleasant subacid tart flavor. Fruits store for four months.

Cortland

Estimated availability: September 10th

Good For: EATING & BAKING & SAUCE

Parentage / Origin: McIntosh x Ben Davis; Geneva, New York 1915

Description: Very white crisp flesh. One of the best salad apples because it doesn't brown quickly.

Combined with the Ben Davis variety, its flavor is sweet compared to McIntosh, and it has a flush of crimson against a pale yellow background sprinkled with short, dark red stripes and gray-green dots.



Cortland has very white flesh and is an excellent dessert apple.

This all purpose apple was developed at the New York State Agricultural Experiment Station in Geneva, New York, USA in 1898. The apple was named after nearby Cortland County, New York.

Empire

Estimated availability: September 25th

Good For: EATING

Parentage / Origin: McIntosh x Red Delicious; Geneva, New York 1966

Description: Dark red with heavy, waxy bloom. Creamy white juicy, moderately subacid flesh. High dessert quality also good for cider.



Empire is the name of a cultivar of apple first made in 1945 by Lester C. Anderson, a Cornell University fruit nutritionist who conducted open pollination research on his various orchards. In 1966, the seeds of this experiment were taken by scientists from the New York State Agricultural Experiment Station of Cornell University.

The Geneva teams grew and tested populations of the cultivar until it was released to the public at the New York Fruit Testing Association meetings in Geneva.

Fuji

Estimated availability: October 10th

Good For: EATING

Parentage / Origin: Ralls Jennet x Delicious; Japan 1962

Description: Tall, rectangular, medium size fruit. Yellowish green skin with an orangish red flush and darker stripes. Darker blush on sun side. Crisp, juicy slightly subacid white flesh with outstanding texture. Good keeper.



The Fuji apple is an apple cultivar developed by growers at the Tohoku Research Station in Fujisaki, Aomori, Japan in the late 1930s and brought to market in 1962. It is a cross between two American apple varieties, the Red Delicious and old Virginia Ralls Genet (sometimes cited as "Rawls Jennet") apples. It is named after "FUJIsaki" and Mt. Fuji.

Gala

Estimated availability: August 25th

Good For: EATING & BAKING

Parentage / Origin: Kidd's Orange Red x Golden Delicious; New Zealand, 1934

Description: Excellent for fresh eating. A very pretty, medium size, conical to round fruit with yellow skin patterned with bright orange-red. Firm, juicy, fine textured, yellow white flesh. Sweet slightly tart flavor. Hangs well on tree.



Gala apples are small and are usually red with a portion being greenish or yellow-green, vertically striped. Gala apples are fairly resistant to bruising and are sweet, grainy, with a mild flavor and a thinner skin than most apples. They are also considered to be a very soft eating apple due to their lack of crispiness, well-suited for denture wearers.

Ginger Gold

Estimated availability: August 20th

Good For: EATING & BAKING

Parentage / Origin: Golden Delicious type; Virginia

Description: Can be picked green but will turn an attractive yellow with a blush if allowed to hang on the tree. Uniform fruit size. Keeps up to 6 months in storage.



Ginger Gold was discovered growing among the twisted uprooted trees in a Virginia orchard in the foothills of the Blue Ridge Mountains. Its ancestors are the Golden Delicious and Albermarle Pippin apples.

Golden Delicious

Estimated availability: October 12th

Good For: EATING & BAKING & SAUCE

Parentage / Origin: Chance seedling of Grimes Golden; West Virginia, Introduced in 1900

Description: Large conic golden yellow fruit. Firm, crisp, juicy, flavorful flesh. Mild sweet distinctive flavor. High quality all purpose. Shrivels in storage. Requires gentle picking, bruises easily.



This cultivar is a chance seedling possibly a hybrid of Grimes Golden and Golden Reinette. The original tree was found on the Mullin's family farm in Clay County, West Virginia and was locally known as Mullin's Yellow Seedling and Annit apple. Anderson Mullins sold the tree and propagation rights to Stark Brothers Nurseries, which first marketed it as a companion of their Red delicious in

1914.

Golden Russet

Estimated availability: October 25th

Good For: EATING & BAKING

Parentage / Origin: Seedling of English Russet; New York, 1845

Description: Excellent cider apple. The fruit is medium-sized, russeted skin, varying from grey-green to bronze with a copper-orange cheek. The flesh is fine grained and crisp, with sugary juices.

Medium sized golden brown apple with excellent sweet flavor. Yellow flesh. For dessert & cider blend. Very old American variety.



Gravenstein

Estimated availability: August 20th

Good For: BAKING

Parentage / Origin: Italy, early 1600s. USA 1790

Description: Large, round to slightly flattened orangish yellow fruit with red stripes. Thin skin. Crisp, juicy, fine grained, yellowish white flesh. Known for fine flavor. Unexcelled for cooking. Makes wonderful pies, desserts, sauces, and cider.



Gravenstein (Danish: Gråsten-Æble) is a variety of apple native to Gråsten in South Jutland, Denmark. The variety was discovered in 1669 as a chance seedling, although there is some evidence that the variety originated in Italy and traveled north.

Honeycrisp

Estimated availability: September 18th

Good For: EATING & BAKING & SAUCE

Parentage / Origin: University of Minnesota, 1991

Description: Color is red mottled over a yellow background. Has excellent eating and keeping qualities.

In 2006, the Andersen Elementary school in Bayport petitioned for the Minnesota state legislature to make the Honeycrisp apple the state fruit; the bill was passed.



The government of Nova Scotia has encouraged its local orchards to increase their supply through the Honeycrisp Orchard Renewal Program.

From 2005 until 2010, apple producers in Nova Scotia can replace older apple trees with HC trees at a subsidised rate. Already, many orchards in the Annapolis Valley on the Bay of Fundy have mature trees and plentiful supplies of Honeycrisps throughout the harvest season.

Jonagold

Estimated availability: October 10th

Good For: EATING & BAKING & SAUCE

Parentage / Origin: Golden Delicious x Jonathan; Developed at Geneva Station, introduced in 1968.

Description: Large fruit striped red over bright yellow. Firm, crackling, juicy, and slightly tart, flesh. Superb, rich, full flavor. Finest dessert and eating quality. Good cooking properties. Will store in common refrigerator for 3 months.



Jonagold is a cultivar of apple, a cross between Golden Delicious and Jonathan. They form a large sweet fruit with a thin skin.

However because of their large size they are now favored by commercial growers in many parts of the world. Jonagold is triploid, and as such not only requires a second type of apple for pollen but are also incapable of providing pollen for other trees.

Macoun

Estimated availability: September 20th

Good For: EATING

Parentage / Origin: McIntosh x Jersey Black; Geneva Station in 1909, introduced 1950

Description: Size and shape like McIntosh with more striped and deeper red coloring. Dark purplish red blush over green background. Firm, aromatic, all-purpose high quality eating apple.



Macoun apples are a cross between the McIntosh and Jersey Black varieties. The Macoun (sometimes pronounced "McCowan") was developed at the New York State Agricultural Experiment Station in Geneva, by R. Wellington.

Named after Canadian fruit grower W.T. Macoun, it was first introduced in 1932, and has been regarded as one of the finest eating apples in the Northeast.

McIntosh

Estimated availability: September 1st

Good For: EATING & SAUCE

Parentage / Origin: Ontario, Canada 1798

Description: Beautiful deep red color, size variable. Flesh white, firm, tender, very juicy, flavor characteristically aromatic, perfumed, subacid.



Every McIntosh apple has a direct lineage to a single tree discovered in 1811 by John McIntosh on his farm in Dundela, a hamlet located in Dundas County in the Canadian province of Ontario, near Morrisburg.

Mutsu

Estimated availability: October 10th

Also known as: Crispin

Good For: EATING & BAKING & SAUCE

Parentage / Origin: Golden Delicious x Indo; Japan 1930

Description: Good eating apple, first class cider and sauce. Green fruit ripens yellow.



The Mutsu apple is a cross between the Golden Delicious and the Indo apple varieties first grown in Japan and named after the Mutsu Province of Japan, where it was presumably first grown.

Paula Red

Estimated availability: August 20th

Also known as: Early Mac, Arends, Summer Mac.

Good For: EATING

Parentage / Origin: Natural mutation of the McIntosh, 1968

Description: One of the better early season eating apples. Small to medium apple, taste is mild. Paula Red apples were discovered around 1960 by grower Lewis Arends near a McIntosh block in his orchard in Ravine Sparta Township, Kent County, Michigan. He named the apple after his wife, Pauline. Paula Reds appeared on the market as a distinct cultivar in 1968.



Red Delicious

Estimated availability: September 30th

Good For: EATING

Parentage / Origin: Sport of Delicious

Description: Most purchased apple variety in the United States. Deep red skin covers a sweeter flavored apple.

It originated at an Iowa orchard in 1880 as "a round, blushed yellow fruit of surpassing sweetness". Stark Brothers Nurseries held a competition to find an apple to replace the Ben Davis apple. The winner was Jesse Hiatt, a farmer in Peru, Iowa. He had recognized a cultivar he called "Hawkeye". The Starks bought the rights from Hiatt and renamed the cultivar "Delicious". The Golden Delicious was found growing in Clay County, West Virginia in 1914, and the Delicious became Red Delicious



as a retronym.