

Granny Smith Apples

Did you know?

- Apple season begins in late August or early September and lasts through November.
- Because apples keep well in cold storage, they are available year-round.
- Granny smith apples are known for their thick skin and tart flavor. They are often used in baking.
- Granny Smith Apples were discovered in Australia in 1868 by Maria Ann “Granny” Smith.
- Apples are a good source of fiber and vitamin C. Unpeeled apples have twice as much fiber as peeled apples- so keep the peel on!



Sources

- <https://www.fruitsandveggiesmorematters.org/crisp-fall-apples>
- Food & Nutrition Magazine, September/October 2017