

Jazz Apples

Did you know?

- There are ~2,500 known types of apples grown in the United States alone.
- Jazz apples are a relatively new variety of apples and originated in New Zealand.
- Apples won't ripen further after being picked.
- Test the firmness of the apple by holding it in the palm of your hand. (Do not push with your thumb). It should feel solid and heavy, not soft and light.
- 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>
- <http://produceoasis.com/ProductDetailPage.aspx/TabId/272/pid/25/Fruits/JazzApples>