

— GRANNY SMITH APPLE —

What are they?

- Granny Smith apples are famously green apples with a tart flavor that makes your mouth water.
- Originally from Australia, the apple has hard, light green skin and a crisp, juicy flesh.
- They are the best apples for baking your favorite apple pie recipe.
- Granny Smith apples don't brown as fast as other apples, which makes them perfect for fresh preparations, such as salads and salsas, or sliced and paired with cheese.



When are they available?

- Granny Smith apples are harvested in September and October, but they are also available in winter, thanks to current storage conditions.

What's so cool about them?

- In 1891, "Granny" Anne Smith won the prize for cooking apples under the name Granny Smith's Seedling at a horticultural show in Australia.
- Granny Smith is one of the best apples for baking pies because they do not change their natural shape once cooked due to the high acid content.
- When cool nights precede harvest, Granny Smith apples may develop a rosy pink blush.
- The Granny Smith Festival is held annually in Eastwood, a suburb of Sydney, Australia, to celebrate the apple.



Why should I eat them?

- Granny Smith apples are packed with fiber, antioxidants, vitamin C, and phytonutrients.
- A medium apple has less than 100 calories and no sodium, fat or added sugar.
- One apple offers 4 g of fiber or 17% of the daily recommended value, which helps our bodies feel full longer.

