

# — GALA APPLES —

## What are they?

- Gala apples have a red/yellow/orange colored skin with various red streaks.
- Their inside flesh is crisp and has a creamy yellow color.
- Gala apples have a mild sweet flavor when ripe.

## When are they available?

- Harvested fresh in the Midwest mid-July through mid-October.
- Local apples are available from storage usually from October to January depending on the year.

## What's so cool about them?

- A Gala apple is a cross between Golden Delicious and Kidd's Orange Red.
- Gala apples were developed in New Zealand in 1934 by apple breeder J.H. Kidd.
- Gala apples grow well in both warm and cold climates making them one of the most widely grown apples in the world.
- After an apple tree is planted it takes 4-5 years before apples are produced.
- The average apple tree can produce enough apples to fill 20 forty-two pound boxes.
- The largest apple ever picked weighed three pounds.
- Next to oranges, apples are the most valuable fruit grown in the United States.
- To make one gallon of apple cider you need at least 36 apples.
- There are 2,500 varieties of apples grown in the U.S.

## Why should I eat them?

- Apples are a good source of fiber, which helps lower bad cholesterol and promotes digestion. Make sure to eat the skin too!

