



Apple, Gala (Organic)

Purchasing Specifications

Availability:

Year round

Growing Regions:

USA & Imports

Receiving Information:

- Discoloration: Apples may discolor if they are sprayed with water before or during storing - keep the surface of apples dry. Do not rinse until ready for use. Wax on apples may turn white if exposed to moisture.
- Internal browning: brown core: soggy breakdown: Indications of chill damage.
- Soft flesh; loss of crunch: Lack of refrigeration and exposure to ethylene gas
- Bruised skin or flesh: Rough handling may cause bruising

Storage/Handling:

- Ethylene Producer: Yes
- Ethylene Sensitive: No
- Water Sprinkle: No
- Odor Producer: No
- Ripens After Harvest: No
- Mist: No

- Odor Sensitive: Yes
- Storage: Don't store apples near ethylene-producing fruit such as avocados, bananas, peaches, pears or tomatoes because the ethylene can cause the apples to soften and lose crispness. Don't store apples near strong foods such as onions, carrots, or celery because they can absorb strong odors.
- Refrigeration: Keep apples refrigerated because this will keep them fresh longer. However, apples can become soft when kept in a low-humidity refrigerator for too long. Leaving apples on counter tops or out in a fruit bowl for too long can cause the skin to become dull and the fruit lose crispness.
- Washing: Wash apples just before you are ready to use them. Otherwise, keep the surface of the apples dry and away from moisture because it can lead to discoloration. Any wax on apples may turn white if exposed to moisture.

- Usage: Excellent fresh eating apple. Considered to be a very soft eating apple. Very popular amongst kids and adults. Can be dried with good results or used in cider blends.
- Flesh Description: Flesh is soft, juicy, fine-textured, yellow-white
- Shape: Round to conic
- Variety AKA/Synonyms: Royal Gala
- Taste: Sweet with a mild flavor; slightly tart
- Skin Texture: Thinner skin than most apples
- Outside Coloring: Yellow-orange skin with red striping

Nutrition Facts

Serving Size: 1 cup, sliced (109 grams)

Amount Per Serving

Calories 60	Fat Calories
% Daily Value*	
Total Fat 0 g	
Sat Fat 0 g	
Trans Fat	
Cholesterol 0 mg	
Sodium 0mg	0%
Total Carbohydrates 15g	5%
Dietary Fiber 2g	10%
Sugars 11g	
Protein 0g	1%
Potassium 120 mg	3%
Vitamin A 0%	Vitamin C N/A
Calcium 0%	Iron 0%

*Percent Daily Values are based on a 2,000-calorie diet.