



Apple, Golden Delicious

Purchasing Specifications

Availability:

Year round

Growing Regions:

USA & Imports

Receiving Information:

- Shape: Conical to round in shape. Taste: Crisp, clean, juicy, sweet and mild.
- Flesh Description: Crisp, clean, juicy, yellow flesh is sweet and mild. Usage: Good all purpose cooking apple as well as for eating out of hand, applesauce, apple butter. Great apple to cook with as it retains its shape well.
- Skin Texture: Thin and tender. Outside Coloring: Yellow-green.
- 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: 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.

Storage/Handling:

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

- Use: Good for snacking, salads, sauces, baked goods and even frozen
- 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.

Nutrition Facts

Serving Size: 1 medium (2-3/4" across)

Amount Per Serving

	Fat Calories
	% Daily Value*
Calories 72	
Total Fat 0 g	
Sat Fat 0 g	
Trans Fat	
Cholesterol 0 mg	
Sodium 1mg	0%
Total Carbohydrates 19 g	15%
Dietary Fiber 3g	13%
Sugars 14g	
Protein 0g	1%
Potassium 148 mg	3%
Vitamin A 1%	Vitamin C 8%
Calcium 1%	Iron 1%

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