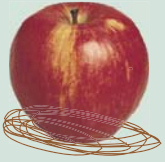


Australian

Apples



Royal Gala

The Royal Gala is available from early February to late August. They're medium in size with a sweet flavour, making them an ideal apple for pies, sauces and salads.



Jonathan

The Jonathan apple is available from late February to mid June. Its small size makes it a favourite with children.



Jonagold

The Jonagold is a large apple and available from mid March to August. Ideal for cooking, the Jonagold is suitable for both hot and cold recipes.



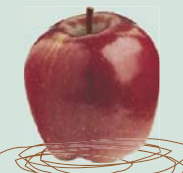
Golden Delicious

Medium in size, the Golden Delicious is available from late March to early December. Popular in tarts and pies, Golden Delicious can be caramelised for cakes and muffins.



Hi Early

The Hi Early apple is medium in size and is available from March to December. Its wonderful flavour has made it very popular in Asian style cooking.



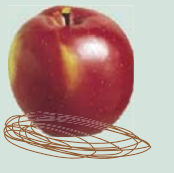
Red Delicious

The Red Delicious is a medium to large apple that can be eaten from March to December. They have a medium sweetness and are crisp with white, juicy flesh. Use Red Delicious apples in salads for an extra treat.



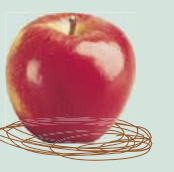
Granny Smith

The Granny Smith is harvested in April and available for the rest of the year. It has a hard, crisp tart flavour making it perfect for all cooking methods such as baking, freezing, making salads, sauces and pies.



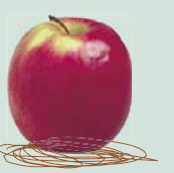
Fuji

Fuji apples are available mid April to mid December. This medium apple has a high sugar content and is great in salads, can be used in pies and sauces or can be frozen.



Braeburn

Braeburn apples have a unique combination of sweet and tart flavour. They're available late April to December and are medium to large in size. Braeburn apples are ideal in pies and great for salads and sauces.



Pink Lady™

Available May to December, Pink Lady™ apples are relatively large with a firm, sweet, crisp, juicy flesh. Pink Lady™ apples are excellent in salads, sauces and pies.



Sundowner™

The Sundowner™ is available May to December. It has a delicious taste with the sugar levels improving during storage. The Sundowner™ apple is perfect for baking and is a great 'summer' apple.



Lady Williams

The Lady Williams is a superb eating apple. Medium in size, they're available from late May to December. Lady Williams are great in salads and for snacking over spring and summer.

Selection & Storage

Choose apples which have skin that is firm and smooth to touch. Apples should be stored in the refrigerator – this way they stay crisp for longer.

Nutrition

Apples contain no fat or cholesterol and are an excellent source of dietary fibre. Eating a medium sized apple will give you a third of your daily vitamin C requirements. Chewing an apple helps prevent dental decay by stimulating the flow of saliva.

Major Growing Regions

Apples are grown in all states of Australia. Different regions have different climates so some varieties perform better at some locations than others.

VIC Goulburn Valley, Harcourt, Bacchus Marsh, Eastern Metropolitan, Mornington Peninsula and Gippsland

NSW Orange, Bilpin, Forbes, Batlow

QLD Stanthorpe

TAS Tamar Valley and Huon Valley

SA Adelaide Hills

WA Perth Hills and Donnybrook/Manjimup

Contact

For further information about Australian Apples, please contact Horticulture Australia Limited on (02) 8295 2300 or Fleishman-Hillard Stratcom on (02) 9956 8000.

Availability

Produce	J	F	M	A	M	J	J	A	S	O	N	D
Royal Gala		█	█	█	█	█	█	█	█			
Jonathan		█	█	█	█	█	█					
Jonagold			█	█	█	█	█	█	█			
Golden Delicious		█	█	█	█	█	█	█	█	█	█	█
Hi Early		█	█	█	█	█	█	█	█	█	█	█
Red Delicious		█	█	█	█	█	█	█	█	█	█	█
Granny Smith			█	█	█	█	█	█	█	█	█	█
Fuji			█	█	█	█	█	█	█	█	█	█
Braeburn			█	█	█	█	█	█	█	█	█	█
Pink Lady™				█	█	█	█	█	█	█	█	█
Sundowner™					█	█	█	█	█	█	█	█
Lady Williams					█	█	█	█	█	█	█	█

█ Picking Time
█ Available in Store

Produced by
Horticulture Australia Limited

