

GALA APPLES



Gala apples originated in New Zealand, a cross between Kidd's Orange Red and Golden Delicious. The Royal Gala strain was named in honor of Queen Elizabeth II, who deemed it her favorite during a visit to New Zealand. It was brought to the United States in the early 1970s, and is now one of the country's most popular apples. This crispy, juicy, very sweet apple is ideal for snacking. Galas can vary in color, from cream to red- and yellow-striped. U.S.-grown Galas are harvested beginning in mid-July, and are typically available year-round.

Other Apple Facts

There are about 2,500 known varieties of apples grown in the United States and more than 7,500 are grown worldwide.

Apples are grown in all 50 states.

In 2008, the average U.S. consumer ate an estimated 16.4 pounds of fresh-market apples and 33.3 pounds of processed apples, for a total of 49.8 pounds of fresh apples and processed apple products.

The crabapple is the only apple native to North America.

Apples are fat, sodium, and cholesterol free and are a great source of fiber.