

HONEYCRISP APPLE



Honeycrisp apples are believed to be a cross between a Macoun and a Honeygold apple. The outcome is an apple with a yellow background covered with a red to pink blush and speckles with small lenticels (a body of cells formed on the periderm of a stem, appearing on the surface of the plant as a lens-shaped spot, and serving as a pore). The flesh is a creamy white color. Honeycrisps have a pleasant sweet tart flavor that can vary in strength depending upon the maturity of the apple.

Honeycrisp apples were first developed in the 1960s at the University of Minnesota where they were bred with the intent of creating an apple that could tolerate the cold weather of Minnesota. Today, Honeycrisp apples thrive in both warm and cool apple growing regions throughout the United States.

Honeycrisp apples can be eaten raw or used in cooking and baking. Like all other apples they are low in calories and provide fiber, vitamins A and C to the diet. However, make sure you eat the skin because most of the nutrients are found there.