MACINTOSH APPLE



McIntosh Apples are an old, well-known variety of apples. They were discovered by chance by John McIntosh in 1811 in Ontario, Canada. The skin of McIntosh apples is red brushed with bright green and often speckled with white spots. The amount of red or green on the skin of the McIntosh will vary depending on when it was harvested. Early season apples will have more green and later season apples will sometimes be almost all red. The flavor as well will vary, with the later season apples taking on a slightly sweeter taste than those picked earlier in the season. McIntosh apples are in season September thru May.

The McIntosh apple is best used for snacking and making applesauce. If using the McIntosh apple to make a pie the flesh will cook down easily so make sure to cut your slices thick or add a thickener to it. Like all other apples they are low in calories and provide fiber, vitamins A and C to the diet.