

Fall Fruit Guide: Apples

5 or more
fruits &
vegetables
every day

Apple picking is a great fall activity for your whole family! Use this chart to learn more about the apples you pick and the best way to use them.

TYPE	COLOR	FLAVOR	TEXTURE	BEST USES	HARVEST TIME
Fuji	Red and yellow, sometimes with green stripes	Sweet	Firm, crisp and juicy	Fresh eating, salads, sauce, baking and pies	October
Gala	Red and orange, sometimes with yellow stripes	Sweet	Crisp and juicy	Fresh eating, salads, sauce and baking	August
Golden Delicious	Yellow and green	Sweet	Semi-soft and juicy	Fresh eating, salads, sauce, baking and pies	September
Granny Smith	Green, sometimes with some pink	Tart	Firm, crisp and juicy	Fresh eating, salads, sauce, baking and pies	October
Honeycrisp	Red over yellow	Sweet and tart	Crisp and juicy	Fresh eating, salads and sauces	September
McIntosh	Red and green	Sweet, tangy and tart	Soft and juicy	Fresh eating, sauce	September
Pink Lady	Reddish-pink	Sweet and tart	Firm and crisp	Fresh eating, salads and baking	November
Red Delicious	Striped or solid red	Sweet	Soft and mealy	Fresh eating, salads	September

"Find the Perfect Apple." *Pennsylvania Apples*, <http://pennsylvaniaapples.org>.

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Download more 5-2-1-0 resources at letsmovepittsburgh.org/5210. To start a 5-2-1-0 campaign at your home or organization, please contact letsmove@phipps.conservatory.org.



Let's Move Pittsburgh is a program of Phipps Conservatory and Botanical Gardens. This program is adapted from Let's Go! www.lets-go.org.