



SWEETIE APPLE

DID YOU KNOW?

- Sweetie apples are medium to large fruits, averaging 7 to 12 centimeters in diameter, and have an elongated, conical to oval shape.
- Sweetie apples are available in the early fall through winter.
- Sweetie apples are an excellent source of fiber to regulate the digestive tract and are a good source of vitamin C, an antioxidant that strengthens the immune system, boosts collagen production within the skin, and reduces inflammation.

FUN FACT!

Sweetie apples were developed in 2005 at the Plant & Food Research Institute in Hawkes Bay, New Zealand.



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