



# GINGER GOLDEN APPLE

## DID YOU KNOW?

- Ginger Gold apples are generally small but can vary in size from small to medium, depending on their growing environment, and have a conical shape, tapering slightly towards the base.
- Ginger Gold apples are a source of fiber to regulate the digestive tract, copper to build connective tissues, vitamin C to strengthen the immune system, and potassium to balance fluid levels within the body.

## FUN FACT!

Ginger Gold apples were discovered as a chance seedling in Clyde and Frances Harvey's orchard near the Blue Ridge Mountains in Nelson County, Virginia.



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