



SWEETIE APPLES

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. The fruits are generally lopsided with a narrow base, tapering to broad shoulders.
- 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, botanically classified as *Malus domestica*, are a hybrid variety belonging to the Rosaceae family. The sweet, crisp fruits were developed in New Zealand in the early 21st century and are a cross between the royal gala and braeburn apples.



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