AMBROSIA APPLE

DID YOU KNOW?

- Ambrosia apples are harvested in the fall. Once picked, the apples are kept in professional cold storage from the fall through early summer.
- Ambrosia apples are a good source of fiber to regulate the digestive tract and vitamin C to strengthen the immune system while reducing inflammation.
- Ambrosia apples are an all-purpose apple with a sweet, honeyed flavor well suited for fresh and cooked preparations. The apples have thin skin, and it is recommended to leave the skin on when eating the fruits to absorb the most beneficial nutrients.

FUN FACT!

Ambrosia apples were discovered growing as a chance seedling in the orchard of Wilfrid and Sally Mennell in Cawston in the Similkameen Valley of British Columbia in the late 1980s to early 1990s.



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