

- Apples

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With the start of fall, many different fruits and vegetables begin to come into season. One fruit, despite being sold on grocery markets year-round, become notably popular in September. Apples are big in North America. Grown in every state, there are various types of apples that range from sweet to tart or mushy to crisp. The array of apples is best from late summer to fall, but it can be hard to tell which types are best to eat fresh, baked in a pie, or mashed into apple sauce.

Honeycrisp apples are just their name: crisp. Bringing a satisfying crunch when bitten into, it also provides a balance of sweetness and acidity.

The *Gala* apple is one of the most popular types of apples. With a thin skin mixed with colors of red, yellow, and orange, the slightly sweet flavor makes it common to eat raw. However, it is also very well suited to be baked or cooked.

One of the tarter apples, the *McIntosh* apple has been one of the most popular varieties over a hundred years. Never used for baking due to its softness, the *McIntosh* is best for eating raw or being made into applesauce.

The popular *Fuji* apples are known for their large, round, dense, and sweet traits. *Fuji* apples are great for eating raw and adding to salads. Popular in grocery stores because of its inability to bruise, it isn't the best type of apple to use when baking.

The *Red Delicious* apple is supposedly the most popular and widely produced apple in the U.S., but many avoid it. Despite its alluring deep red color, it can be bitter in taste. Its soft texture does not do well when baking, so it is recommended to eat raw.