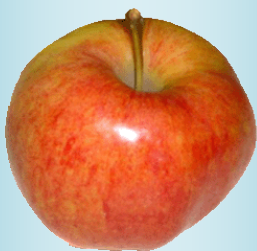




Geography/History

Honeycrisp Apples were first developed in the 1960's at the University of Minnesota where they were bred with the intent of creating an apple that could tolerate Minnesota's cold weather. Since their introduction to the commercial market in the early 1990's Honeycrisp apples have been gaining in popularity. Today, Honeycrisp apples thrive in both warm and cool apple growing regions throughout the United States such as Michigan, Minnesota, New England, Wisconsin, California and Washington State. Additionally, attempts are currently being made to begin growing them outside of the US in Europe, Australia and New Zealand.



Apple fruit (*Malus domestica*), Fresh,
Nutritive value per 100 g,
ORAC value-5900
(Source: USDA National Nutrient data base)

Energy	50 Kcal	2.5%
Carbohydrates	13.81 g	11%
Protein	0.26 g	0.5%
Total Fat	0.17 g	0.5%
Cholesterol	0 mg	0%
Dietary Fiber	2.40 g	6%
Vitamins		
Folates	3 µg	1%
Niacin	0.091 mg	1%
Pantothenic acid	0.061 mg	1%
Pyridoxine	0.041 mg	3%
Riboflavin	0.026 mg	2%
Thiamin	0.017 mg	1%
Vitamin A	54 IU	2%
Vitamin C	4.6 mg	8%
Vitamin E	0.18 mg	1%
Vitamin K	2.2 µg	2%
Electrolytes		
Sodium	1 mg	0%
Potassium	107 mg	2%
Minerals		
Calcium	6 mg	0.6%
Iron	0.12 mg	1%
Magnesium	5 mg	1%
Phosphorus	11 mg	2%
Zinc	0.04 mg	0%
Phyto-nutrients		
Carotene-β	27 µg	--
Crypto-xanthin-β	11 µg	--
Lutein-zeaxanthin	29 µg	--

Description/Taste

Honeycrisp Apples have a yellow background covered with a red to pink blush and speckled with small lenticels. Their creamy white flesh is exceptionally crisp and aromatic. A balanced content of sugar and acid gives Honeycrisp apples a pleasant sweet-tart flavor that varies in strength depending upon the maturity of the apple.

