



Geography/History

The first **Gala Apple** tree was one of many seedlings resulting from a cross between a Golden Delicious and a Kidd's Orange Red planted in New Zealand in the 1930s by orchardist J.H. Kidd. Donald W. McKenzie, an employee of Stark Bros Nursery, obtained a US plant patent for the cultivar on October 15, 1974.



The variety is also an increasingly popular option for UK top fruit farmers. It is a relatively new introduction to the UK, first planted in commercial volumes during the 1980s. The variety now represents about 20% of the total volume of the commercial production of eating apples grown in the UK, often replacing Cox's Orange Pippin.

See the table below for in depth analysis of nutrients:
 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

Gala Apples are small and are usually red with a portion being greenish or yellow-green, vertically striped. Gala apples are fairly resistant to bruising and are sweet, grainy, with a mild flavor and a thinner skin than most apples. Quality indices include firmness, crispness, and sweetness.

