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.

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.

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)

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Value (100 g)</th>
<th>% of Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Energy</td>
<td>50 Kcal</td>
<td>2.5%</td>
</tr>
<tr>
<td>Carbohydrates</td>
<td>13.81 g</td>
<td>11%</td>
</tr>
<tr>
<td>Protein</td>
<td>0.26 g</td>
<td>0.5%</td>
</tr>
<tr>
<td>Total Fat</td>
<td>0.17 g</td>
<td>0.5%</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0 mg</td>
<td>0%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>2.40 g</td>
<td>6%</td>
</tr>
</tbody>
</table>

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-ß: 27 µg, --
- Crypto-xanthin-ß: 11 µg, --
- Lutein-zeaxanthin: 29 µg, --