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apple varieties we've stocked your h e b produce department with flavorful crisp apples check out this guide to apple flavors and uses fall harvest apples the below apple varieties are available and are at the peak of season from september through october kiku apple this colorful apple is crunchy and sweet with a firm and very juicy flesh apples have religious and mythological significance in many cultures including norse greek and european christian tradition apples grown from seed tend to be very different from those of their parents and the resultant fruit frequently lacks desired characteristics generally apple cultivars are propagated by clonal grafting onto rootstocks apple trees grown without rootstocks tend to be larger and much slower to fruit after planting jul 12 2018 types of apples 1 jonagold apple a lovely red hue with hints of yellow this species is a hybrid of the jonathan and the golden delicious and bears a faint physical resemblance to both like the may 8 2019 apples are among the world's most popular fruits they grow on the apple tree malus domestica originally from central asia apples are high in fiber vitamin c and various antioxidants jan 5 2022 apples are also a rich source of polyphenols an important group of antioxidants antioxidants are compounds that protect your cells from free radicals harmful molecules that contribute to the apples are among the oldest and most recognizable fruits in the world but have you ever really considered an apple's shape using theory and experiments researchers at the harvard john a paulson school of engineering and applied sciences show how apples get their distinct spherical shape and the characteristic dimple at the top where the stem grows apple selection storage and prep look for apples that feel firm smooth and heavy for their size with no bruises or wrinkling on the skin as apples ripen they give off ethylene gas which shortens the storage life of some other vegetables so keep them in a bag in your refrigerator's crisper and remember to wash apples before eating them aug 31 2022 apples are a popular fruit they contain antioxidants vitamins dietary fiber and a range of other nutrients due to their varied nutrient content apples may help improve health in several oct 14 2020 apples have been associated with decreased risk of heart disease help lower cholesterol and have anti-inflammatory properties as for apple seeds they are best avoided in large quantities as they can be poisonous when crushed and if what is an apple an apple is a crunchy bright colored fruit one of the most popular in the united states you've probably heard the age-old saying an apple a day keeps the doctor away

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