

Golden Delicious Apple

Look: The Golden Delicious Apple has a yellow to green skin color and is bright white on the inside.

Taste: This apple has a mild sweet and tangy flavor with hints of floral, honey and fruity complexities.

Touch: Golden Delicious apples are semi-firm, crisp with a smooth skin. These apples can bruise easily and might shrivel if not stored well.



The very first Golden Delicious apple tree was found on the Mullins family farm in Clay County, West Virginia, and is now the official state fruit!



Did you know?

Golden Delicious apples started as a "chance seedling". This means it grew by accident from a dropped seed, and was not planted on purpose!



Health Benefits

Vitamin C: Supports immune health

Vitamin K: Important for blood health

Manganese & Copper: Support connective tissues and metabolism

Magnesium: Aids nerve and muscle function

Antioxidants: protect cells.

Fiber: Supports digestive health