



An Apple a Day... But Which One?

It's apple season, the time of year when orchards are brimming with crisp, juicy apples at their peak. There's nothing quite like biting into a fresh apple straight from the tree or market.

Apples are full of fiber, vitamins, antioxidants, and natural sweetness. Eating them can support heart health, aid digestion, and even help keep your mind sharp. With so many varieties available, there's an apple to enjoy at any time of day.

If you usually stick to the same apple, now is the perfect time to explore some new flavors. Each variety offers something unique:

- **Honeycrisp:** Crisp, juicy, and brightly sweet with a perfect tang. Ideal for snacking, salads, or slices.
- **Fuji:** Dense and crunchy with a natural sweetness. Great for fresh eating, pies, and sauces.
- **Pink Lady:** Juicy, slightly tart with complex flavor; perfect raw, in salads, or roasted with cinnamon.
- **Braeburn:** Spicy-sweet and balanced; excellent in cobblers, tarts, pies, or fresh desserts.
- **McIntosh:** Soft, juicy, and mildly tart; classic for applesauce, pies, and sauces.
- **Cameo:** Sweet with a hint of tartness; ideal for snacking, salads, or apple crisps.
- **Jonagold:** Sweet-tart with honeyed notes; great for baking, sauces, or fresh snacking.
- **Empire:** Crisp, sweet-tart, and firm; perfect for lunchboxes, pies, and candy apples.
- **Golden Delicious:** Mellow, sweet, and versatile; perfect fresh, in salads, applesauce, or desserts.
- **Cortland:** Juicy and slightly tart; holds color well in salads and pies.
- **Gravenstein:** Aromatic and tart; ideal for pies, cider, and preserves.
- **Gala:** Snappy and sweet; great for fresh eating, salads, or cooking.

- **Granny Smith:** Tart and firm; the classic choice for pies, salads, and fresh eating.
- **Red Delicious:** Sweet and crisp; excellent for fresh snacking and pairing with cheese.
- **Tango:** Crisp, juicy, and vibrant; balanced sweet and acidic flavor, great fresh or cooked.
- **Envy:** Firm and crisp with a balanced sweetness; slow to brown, making it perfect for snacking and salads.
- **Cosmic Crisp:** Juicy, crisp, and refreshingly sweet with a hint of tartness; excellent for baking or enjoying fresh.
- **SnapDragon:** Extra crisp with a spicy-sweet flavor and subtle vanilla notes; great for fresh eating or slicing into salads.
- **Jazz:** Bold, tangy-sweet, and refreshingly crunchy; ideal for snacking, baking, or pairing with cheese.

Variety in apples isn't just a treat for your taste buds, it's also good for the planet. Choosing different apple types helps support agricultural biodiversity, encouraging farmers to grow different varieties. This diversity strengthens ecosystems, improves resilience to pests and diseases, and reduces dependence on just a few commercial strains. By enjoying a range of apples, every bite contributes to a healthier, more sustainable food system.

Eating apples doesn't have to be boring. Try them sliced into salads, baked into pies, roasted with cinnamon, or paired with nut butter or cheese. Exploring different varieties turns a simple fruit into a daily adventure.

Next time you're at the market, step outside your usual routine, sample a Honeycrisp, savor a Fuji, or try a heritage variety you've never tasted. Your taste buds, your health, and the planet will all thank you.

Crunchy Apple Tuna Salad



A light, nutritious tuna salad with a sweet, crisp twist.

Ingredients (serves 2-3):

- 1 can (5–6 oz) tuna in water, drained*
- 1 apple, diced (any variety)
- 1 celery stalk, finely chopped
- 2 tablespoons red onion, finely chopped
- 2 tablespoons mayonnaise*
- 1 teaspoon Dijon mustard
- 1 teaspoon lemon juice
- Salt and pepper, to taste
- *Optional: a handful of chopped walnuts or pecans*

*For a vegan friendly version, swap the tuna for mashed or whole chickpeas and vegan mayonnaise

Instructions:

1. In a bowl, combine the drained tuna (or chickpeas), diced apple, celery, and red onion.
2. In a small bowl, mix the mayonnaise, Dijon mustard, lemon juice, salt, and pepper.
3. Pour the dressing over the tuna mixture and stir until well combined.
4. Sprinkle with walnuts or pecans for added crunch if using.
5. Serve chilled on whole-grain bread, crackers, or over a bed of greens.

Tip: Using crisp apples like Honeycrisp or Fuji adds natural sweetness and crunch, making the salad more vibrant and refreshing.