

New York State Apples



Low Calorie,
High Fiber,
Good Source of
Vitamins B & C
and Minerals.

Apple Tips

• Keep Cool.

Apples continue to ripen after being picked. Storing in a cool environment retards the process. Never store apples at room temperature; it will ruin their flavor.

• Buy in Season.

Despite refrigeration, like all fruits, apples have an optimum season when flavor, freshness, and its nutritional value peak.

• Buy Local.

Even under the best conditions, shipping and storage can have adverse effects on fruit quality. Buying local is the best way to be sure you are getting the most nutritious food. Plus supporting local growers helps preserve family farms.

• Experiment.

Try as many different as you can while they're in season!

Our New York State apples are sourced from our local partner— Hudson River Fruit.

Hudson River Fruit Distributors was established in 1963 by Isadore "Izzy" Albinder and his son Harold. Izzy first entered the apple business back in 1932 after emigrating from Russia. He saw an opportunity to broker apples, so he purchased a push cart and sold apples in the streets of Brooklyn. A time came when Izzy had trouble finding apples of high enough quality. He decided to venture up to the Hudson Valley, and began fostering relationships with apple growers, some of whom they still work with today.

COURTLAND

Red apple with fine, smooth white flesh that is very slow to brown, making it an excellent choice for salads. Crisp texture; flavor is mild and slightly tart.

EMPIRE

Mild flavor and firm texture. Empire are an all-purpose apple; great for fresh eating and baking. It is a cross between Red Delicious and MacIntosh with the best qualities of each. Empires are firmer, sweeter, and keeps longer than McIntosh. It has the sweetness of Red Delicious with more character. It is great for baking and good for cider.

GALA

Sweet and crisp. One of the most popular apples. Enjoy as a snack or in salads. It is one of the "gourmet apples" specifically aimed at supermarkets.

GINGER GOLD

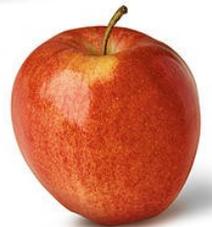
Apple season kicks off with ginger golds. Fresh, clean taste with a perfect balance of sweet and tart. Kids enjoy this summer apple's juicy *snap* and sweetness.

MACINTOSH

Nothing compares to a MacIntosh for fresh eating—it's crispy, juicy, tangy, firm, perfumed, and spicy. Macs can also be enjoyed in salads, sauce, and pies.

MACOUN

A cross between a McIntosh and Jersey Black, Mauns are a sweet eating apple with a hint of berry.



SEASHORE FRUIT & PRODUCE CO.

Customer Service: 609-345-3229 • www.SeashoreEast.com



IT'S NEW YORK APPLE SEASON!