

Discover Minnesota Apples

How to Select the Perfect Apple

- Choose apples that have vibrant colors.
- Apples should be crisp, firm and bruise-free for best quality.
- Blemishes on the fruit are fine, as long as they don't penetrate through the skin.



Variety	Average Harvest Dates	Fruit Characteristics	Uses (in order of preference)
Mantet	Early to Mid-August	Small to medium size. Juicy, sweet to tart.	Cooking, fresh eating.
Oriole	Early to Mid-August	Medium size, orange-yellow striped with red. Sweet to tart.	Cooking, fresh eating.
State Fair	Mid-August	Medium size, striped red. Crisp, juicy, moderately tart.	Fresh eating, cooking.
Zestari™	Late August to Early September	Medium to large, red stripe or blush. Outstanding, well-balanced flavor. Flesh is light, crisp & juicy.	Fresh eating, cooking.
Paulared	Late August to Early September	Medium size. Firm, juicy, sweet to tart.	Fresh eating.
Red Baron	Mid-September	Medium size, red-yellow. Juicy, sweet, mild-flavored.	Fresh eating, cooking.
McIntosh	Mid-September	Medium size, blushed red. Sweet to tart flavor.	Fresh eating, cooking.
SweeTango	Mid-late September	Medium to large size, deep red coloration over a yellow breaking background. Crisp, juicy, very sweet. Unusual "Cherry candy" flavor.	Fresh eating.
Honeycrisp™	Late September	Med. to large size, red with dappled yellow background. Extremely crisp & juicy. Well balanced flavor. Flesh is slow to turn brown when cut.	Fresh eating, cooking, salad.
Cortland	Late September to early October	Medium size. Sweet to tart, aromatic flavor. Flesh is slow to turn brown when cut.	Fresh eating, cooking, salad.
Haralson/Haralred	Late September to early October	Medium size, striped red. Firm texture, tart flavor. "Haralred" is a redder form of 'Haralson'.	Fresh eating, cooking.
Prairie Spy	Early October	Medium size, striped red. Mild flavor, firm texture.	Cooking, fresh eating.
Honeygold	Early October	Medium size, golden to yellow-green. Crisp, juicy and sweet.	Fresh eating, cooking.
Regent	Early to Mid-October	Red-striped. Crisp and juicy, with well-balanced flavor.	Fresh eating, cooking.
Fireside/Connell Red	Mid-October	Large. Low-acid, sweet flavor. 'Connell Red' is a redder form of 'Fireside'.	Fresh eating, salad, baking.
Keepsake	Mid-October	Small to medium size with irregular shape. Red with scattered dots. Flesh is very hard and crisp. Sweet, unusual flavor.	Fresh eating, cooking.
Jonathan	Early October	Spicy/tangy flavor. Bright red stripes over yellow or deep red, less firm.	Baking



Valley NATURAL FOODS™

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