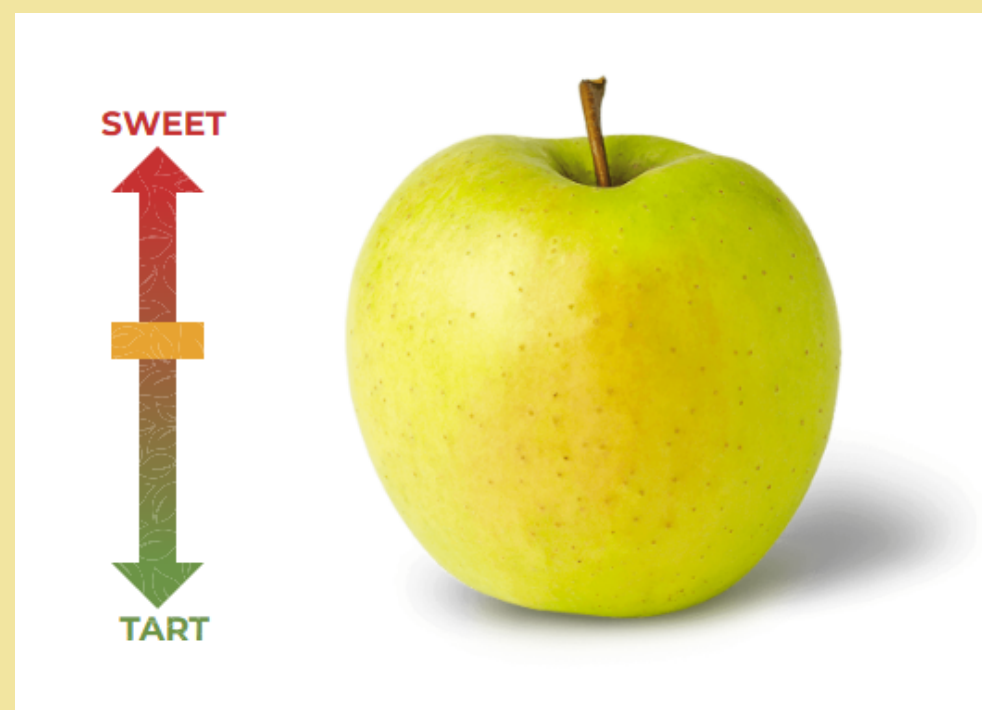




# GOLDEN DELICIOUS APPLE



**FUN FACT:** Apple trees take 4-5 years to produce their first fruit. A standard size apple tree starts bearing fruit 8-10 years after it is planted.

Golden Delicious is a large, yellowish-green skinned cultivar and very sweet to the taste. Golden Delicious Apples are excellent for eating raw, in salads, and sauces. they are also good for pies, baking, and freezing.

- **Health Benefits:** Golden delicious apples are a source of potassium to balance fluid levels within the body, fiber to regulate the digestive tract, and vitamin C to strengthen the immune system while reducing inflammation. The apples also provide small amounts of copper to develop connective tissues, magnesium to control optimal nerve functioning, and other nutrients, including iron, vitamin K, vitamin E, calcium, and zinc.