



Apple, Fuji (Organic)

- **Flesh Description:** Crisp, juicy, clean flesh.
- **Usage:** Good for eating out of hand, cooking, adding to salads and sauces.
- **Outside Coloring:** Ranges from yellow-green with red highlights to very red
- **Shape:** Round
- **Skin Texture:** Smooth and clean
- **Taste:** Sweet off the tree, growing sweeter and richer in storage.

Purchasing Specifications

Availability:

Year round

Growing Regions:

USA & Imports

Receiving Information:

- **Discoloration:** Apples may discolor if they are sprayed with water before or during storing - keep the surface of apples dry. Do not rinse until ready for use. Wax on apples may turn white if exposed to moisture.
- **Internal browning:** brown core: soggy breakdown: Indications of chill damage.
- **Soft flesh; loss of crunch:** Lack of refrigeration and exposure to ethylene gas
- **Bruised skin or flesh:** Rough handling may cause bruising
- **Storage:** Don't store apples near ethylene-producing fruit such as avocados, bananas, peaches, pears or tomatoes because the ethylene can cause the apples to soften and lose crispness. Don't store apples near strong foods such as onions, carrots, or celery because they can absorb strong odors.
- **Refrigeration:** Keep apples refrigerated because this will keep them fresh longer. However, apples can become soft when kept in a low-humidity refrigerator for too long. Leaving apples on counter tops or out in a fruit bowl for too long can cause the skin to become dull and the fruit lose crispness.
- **Washing:** Wash apples just before you are ready to use them. Otherwise, keep the surface of the apples dry and away from moisture because it can lead to discoloration. Any wax on apples may turn white if exposed to moisture.

Storage/Handling:

- **Ethylene Producer:** Yes
- **Ethylene Sensitive:** No
- **Water Sprinkle:** No
- **Odor Producer:** No
- **Ripens After Harvest:** No
- **Mist:** No
- **Odor Sensitive:** Yes

Nutrition Facts

Serving Size: 1 medium (3" dia; 182 gr)

Amount Per Serving

Calories 90	Fat Calories
% Daily Value*	
Total Fat 0 g	
Sat Fat 0 g	
Trans Fat	
Cholesterol 0 mg	
Sodium 0mg	0%
Total Carbohydrates 25g	8%
Dietary Fiber 4g	18%
Sugars 19g	
Protein 0g	1%
Potassium 190 mg	6%
Vitamin A 2%	Vitamin C 15%
Calcium 2%	Iron 2%

*Percent Daily Values are based on a 2,000-calorie diet.