



**VALUES**

**ARE AT THE CORE**

*of our*

**APPLES**

# The Canadian Apple Industry

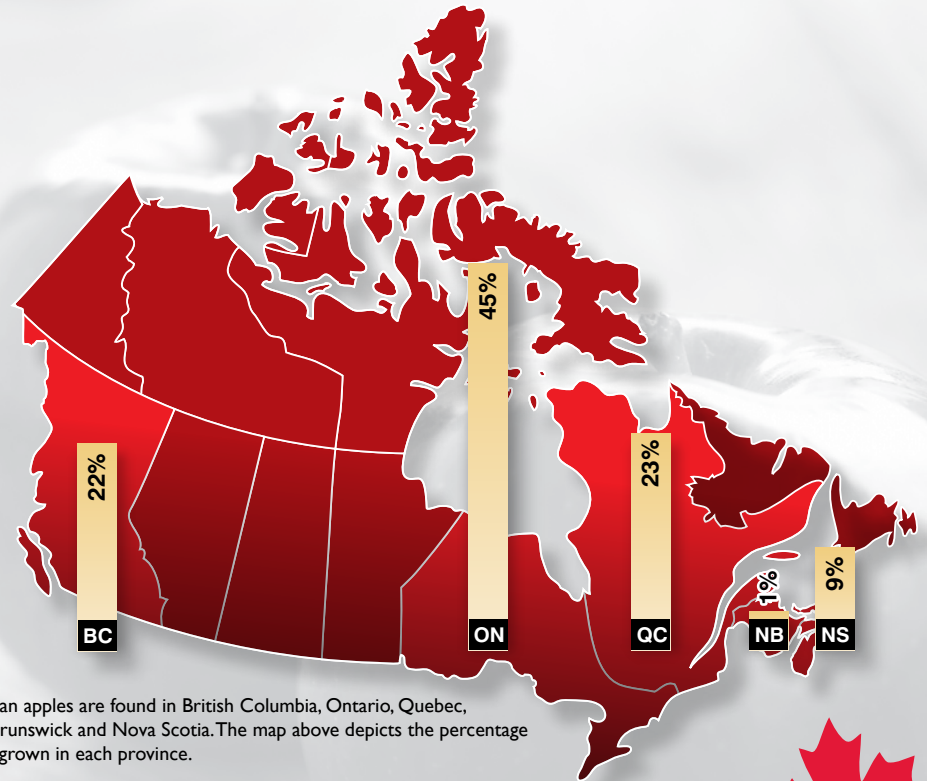
Across Canada's vast landscape, farmers are producing apples that are wholesome, nutritious and delicious. Canadian apple growers are committed to exceeding expectations on quality, appearance and variety.

The new generation of growers retains a high regard for the farm and the land, which results in a vibrant industry producing apples that are among the best in the world.

The distinct environments found in Canada allow farmers to produce high quality apples with unique local features such as the sweet Ambrosia from the West, Central Canada's crisp, juicy Empire and the bright red Honeycrisp from the East.

## Canadian Apple Industry Facts:

- Nearly 50,000 acres across Canada are cultivated for apples.
- There are approximately 2,500 apple growers throughout Canada.
- Warm summers complemented by mild winters and warm days followed by cool nights are the best climates for growing apples. Regions within the provinces of British Columbia, Ontario, Quebec, New Brunswick and Nova Scotia provide these ideal conditions.



Canadian apples are found in British Columbia, Ontario, Quebec, New Brunswick and Nova Scotia. The map above depicts the percentage that is grown in each province.

## Why Buy Canadian?

- New technology has improved year round storage capabilities to allow more flexibility in meeting retail demands.
- A national Integrated Fruit Production program promotes ongoing development and adoption of sustainable production methods.
- Canadian apple growers are dedicated to providing consumers with the best fruit while maintaining a healthy industry in an environmentally responsible manner.
- Apple producers from all regions follow high production standards ensuring there is an emphasis on quality, freshness and flavour.



A versatile fruit that offers a range of flavours from very tart to incredibly sweet, apples are perfect for enjoying fresh out of hand, in juices, baked goods and processed packaged foods.

Canadian apple growers are committed to providing high quality apples virtually year-round. There are over 50 exceptional varieties grown in Canada such as:



## Ambrosia

Developed from a chance seedling discovered in British Columbia in the 1980's. It is a large bicoloured apple that is crisp and juicy with a distinct aroma and a sweet low acid flavour. Excellent for eating fresh and slicing for salads.



## Honeycrisp

Large, bright red with yellow background, distinctive crisp texture, aromatic, juicy and sweet. Flesh is cream coloured. Exceptional for eating fresh and in salads.



## Empire

Cross between the McIntosh and Red Delicious varieties. A slightly tart, juicy, firm and crisp apple that is ideal for snacks and makes great applesauce.



## McIntosh

Medium size; irregular round shape; green apple with red splash; white, juicy flesh; mildly tart, sweetens as it ripens. Excellent for eating fresh, baking pies and sauces.



## Fuji

A favourite in Asia, Fuji is a round and medium to large size fruit. It is firm and has a red and yellow/green skin colour with white flesh. Great for eating fresh.



## Red Delicious

Small to large size; firm, sweet and juicy; dark red and elongated. Flesh is greenish cream. Excellent for eating fresh and in salads.



## Nutritional value of one apple

(with skin, 7 cm in diameter)

### Nutrition Facts

One apple (138 g)

Amount	
<b>Calories</b>	72
<b>Total Fat</b>	0 g
<b>Sodium</b>	1 mg
<b>Carbohydrate</b>	19 g
<b>Total Dietary Fibre</b>	2.6 g
<b>Sugar</b>	14 g
<b>Protein</b>	(g): tr
<b>Vitamin A</b>	(RAE): 4
<b>Vitamin C</b>	6 mg
<b>Calcium</b>	8 mg
<b>Iron</b>	0.2 mg

**Source:** Health Canada. (2008). *Nutrient Value of Some Common Foods: Fruit and Fruit Juices*. Ottawa, ON.

For further information on the Canadian apple industry, or if you are interested in purchasing apples grown in Canada, please contact one of the following associations:



British Columbia  
Fruit Growers' Association  
250.762.5226  
[www.bcfga.com](http://www.bcfga.com)



Nova Scotia Fruit Growers'  
Association  
902.678.1093  
[www.nsapples.com](http://www.nsapples.com)



Ontario Apple Growers  
905.688.0990  
[www.onapples.com](http://www.onapples.com)



Apple Growers  
of New Brunswick  
450.679.0540



Fédération des producteurs  
de pommes du Québec  
450.679.0540  
[www.lapommequebec.ca](http://www.lapommequebec.ca)

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