



VT Grown Paula Red Apples

#T8418 | 125/Cnt

#V3528 | 138/Cnt

Overview:

Paula Reds are a lesser known, but underrated variety of apples commonly grown in Vermont. They have a tart flavor profile and a crisp texture, but only when eaten fresh. Since they have a short shelf life, it is uncommon for these apples to travel far from the source, or to be sold long into the apple season. We typically have this variety in stock before any others, and only for 2-3 weeks.

History:

Paula Reds were first discovered in Michigan in the late 1900's, and now the variety is grown in several areas within the Midwest, and all over the Northeast. Within Vermont, Paula Reds are always one of the 1st varieties of new crop apples to be sold in grocery stores.

Nutrition:

Like all fruit, an apple makes for a delicious and nutrient dense snack! Apples are high in fiber, the minerals potassium, phosphorus as well as the Vitamins C, K, E, and A. Apples are low in calories and are known to have several properties that reduce the risk of chronic diseases such as heart disease.

Preparation:



Paula Reds are a great raw snack for those who prefer a tart flavored apple. The variety is also well known in the culinary field for its flavor when cooked. Paula Reds are great for making apple pies, apple butter, or being roasted on top of meats. They can also be used to make apple-sauce with little to no added sugar!

