

WHAT

Piedmontese APPLES

APPLES

suitable for any occasion

give our body a series of benefits and nutrients

are extremely versatile in the kitchen

Main characteristics:

sweet

crunchy

delicious

The most popular apple types in Piedmont are: Braeburn, Fuji and Red Delicious

Braeburn



SKIN: bicolored

red-to-orange blush, red stripes

FLAVOUR:

sweet-tart with a hint of cinnamon

FLESH:

cream to yellow in color

crisp, juicy flavour

Fuji



larger

SKIN: bicolored

with yellow and pinkish-red stripes

Known more for its FLAVOR and

firm TEXTURE than its looks

Red Delicious



SKIN: red

can be quite tough

FLAVOR:

sweet but very MILD

FLESH:

JUICY with a light crispyness

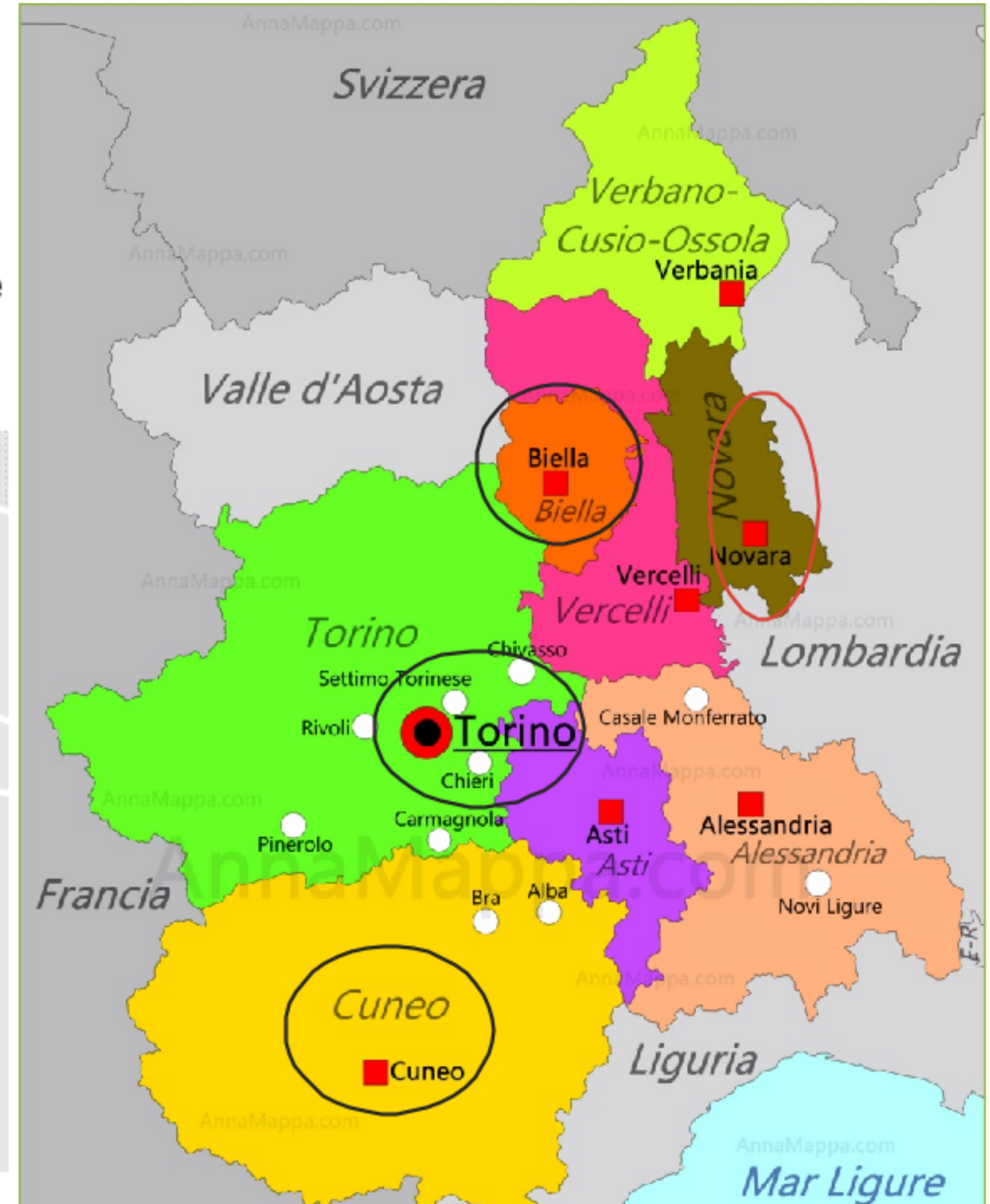
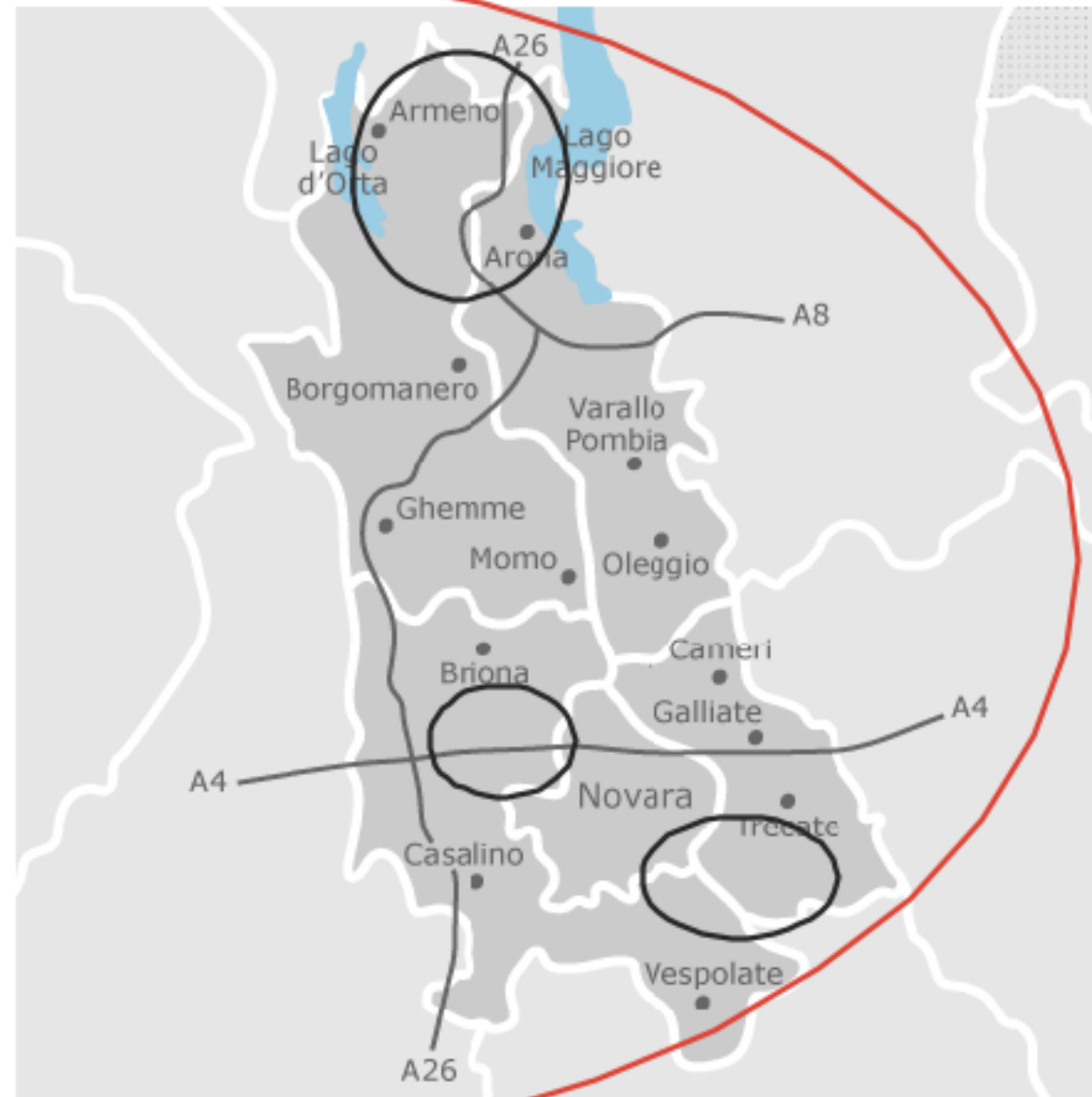
quite REFRESHING

WHERE

In Piedmont apples are grown mainly in the areas of Turin, Cuneo and Biella

The cultivation of apples in the Piedmontese valleys takes place in the range between 400 and 900 meters above sea level.

Around Novara apples are produced in the territory around the city and in the hills between the lakes Maggiore and Orta



WHEN

history

The story of Piedmontese apple growing dates back to the Middle Ages, when the monastic orders cultivated and improved the varieties that had survived the barbarian invasions

For centuries apples have been a symbol of wealth, seduction and power. They have played a fundamental role in many stories, in the Bible, in mythology and in fairy tales.

production

HARVESTING

Each variety is harvested at a different time; this can range from the 20th of September to the 10th of November.

ARE THEY
HEALTHY?

NUTRITIONAL PROPERTIES:
enormous antioxidant power
high intake of provitamin A +
vitamins B1, B2, B6
fibers

contain pectin which
reduces the need for sugar



an ideal food to start a meal

rich in fiber and vitamins, especially when eaten with the skin

increase the sense of satiety and reduce nervous hungry

**IN THE
KITCHEN**

apples can be used for desserts, salads and appetizers, but also in other dishes

apples also perform well in baking and sauces

**apple
risotto**



**chicken
with
apple**



**apple
pie**



**selection of
fried meat and
vegetables**



**apple
jam**