Let me tempt you…

A Good Omens Apple Tasting by OwlyCat

Some facts…

- An apple is a round, edible fruit produced by an apple tree (malus domestica)
- Origin: Central Asia – its wild form malus sieversii is still found there
- Apples have been grown for thousands of years in Eurasia and were introduced to North America by colonists
- Apples grown from seeds tend to be very different, lacking the characteristics of their „parents“ – apple cultivars are mostly a result of clonal grafting onto rootstocks
- Apples play a prominent role in many myths and religions: Greek and Norse, Christian etc. – which brings us back to Good Omens!

Cultivars – different varieties of apples

- There are over 7,500 cultivars of apples
- Different types for different purposes: cooking, eating fresh, juice, cider…
- Especially cider apples tend to be tart and all but unedible, but give a rich flavour
- Usually, apples can be stored for a few weeks at home, comercially even for months, depending on the kind of apple
- Dessert apples (for eating raw) tend to be crisp, soft, with a colourful skin, „common“ apple shape and size, lengthy storage ability, disease-resistant, and mostly sweet flavour

Fun facts

- „An apple a day keeps the doctor away“
- The average person eats 65 apples a year
- Apple trees take 4-5 years to produce their first fruit
- Apples ripen 10 times faster at room temperature than in the fridge
- For one gallon of cider you need 36 apples
- It takes the energy of 50 leaves to make one apple
- Apple seeds are mildly poisonous (sugar and cyanide compound)
- You can be allergic to apples
- Most apple picking is still done by hand
- Apples come in various shapes and sizes, from cherry size to the record weight of over 3 pounds
- Apples contain no fat, no sodium, no cholesterol, but fiber and boron, the latter helping to keep your brain active and alert – they are indeed a healthy snack, help weight management and lower risks for heart disease

More fun facts

- Most antioxidants are found in the apple skin
- Apple trees can get up to 100 years old
- Apples usually have 10 seeds
- Apple blossoms usually start out pink and gradually turn white
- Oxidation makes apple juice and sliced apples turn brown – lemon juice helps to prevent this
- The top apple producers are China, the US, Turkey, Poland, and Italy; apples make up 50% of the international fruit tree population
- Johnny Appleseed (John Chapman) was a real person and really planted apple trees all over parts of the US
- The German poet Schiller allegedly kept a rotting apple in a drawer to smell it
- In Norse mythology, apples are what keeps the gods immortal
- In Chinese, the word for apple is „ping“, which also means peace, making apples a common gift when visiting someone

Apples in Good Omens

- The apple as such isn‘t mentioned as the forbidden fruit in the Bible!
- It‘s commonly associated, though – perhaps due to an association of the Latin malus (apple) with malum (something bad or evil)
- Apples were also viewed as the fruit of love
- Other fruits (e.g. figs) were also used, especially in early depictions
- In Good Omens, Crowley tempts Eve to eat an apple
- Aziraphale mentions he was „on apple tree duty“
- Adam has a penchant for stealing apples from the orchard

Granny Smith

- Perhaps THE sour apple
- Grown mainly in Australia, New Zealand and Chile
- Green skin (but may turn yellowish or even get a tinge of red when exposed to the sun), smooth, firm and thick
- Round to slightly conical shape, slight speckling, medium size
- Skin usually waxed
- Stays fresh VERY long
- Remains firm when baked, thus a popular cooking apple
- **Tart, acidic flavour with a certain sweetness, relatively tough skin, hard, firm, with crisp and juicy flesh**

Pink Lady

- Brand name of Cripps Pink
- Cross between Australian Lady Williams and American Golden Delicious
- Distinctive rosy pink blush on greenish background, with speckles
- Round shape, medium size
- Needs hot climates – from Autralia, but also grown elsewhere
- Glossy, smooth, thin skin
- **Crisp, very sweet, but tangy, with sweet and sour notes, juicy, firm and crunchy, initially tart with a sweet, floral, honeyed finish**

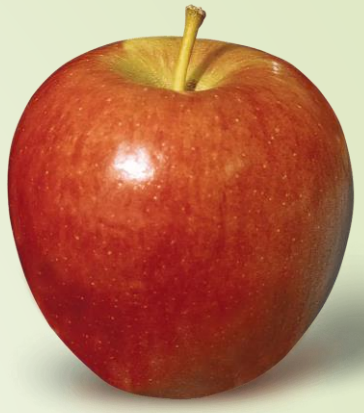
Elstar

- German cross between Golden Delicious and local Ingrid Marie
- Grows better in somewhat cooler climate, popular late-season apple
- Medium size, round to conical shape
- Yellow skin with dark red to orange marbled blush
- Very popular apple in Germany, versatile in use
- **Balanced, somewhat sharp sweet-tart flavour („feinsauer“), juicy and crisp, with pear and honey undertones, mildly acidic**

Golden Delicious

- State fruit of West Virginia
- Pale green to golden yellow, sometimes with a faint flush
- Prefers cool climates, versatile in use
- Thin, tender skin, juicy, crisp but soft flesh
- Medium to large, round to conical
- Sweeter in colder climates, in hotter climates somewhat bland
- **Faintly aromatic, mild, juicy, crisp and sweet, varying in flavour, generally very sweet with floral, honeyed and fruity nuances**

Braeburn



- From New Zealand, grown on both hemispheres
- Medium size, round to conical
- Thin, but tough skin, relatively matte, yellow-green with large, stripey patches of red blush, sometimes appearing orange over the yellow base
- Firm, crisp and crunchy, somewhat grainy flesh
- Liable to Braeburn browning disorder
- Especially high in vitamin C
- **Bold, tangy, aromatic and complex in flavour, sweet and sharp, balance of sweetness and acidity, with a rich, cider-like undertone, with cinnamon, nutmeg, pear and citrus notes**

Kissabel Rouge

- Very new apple, developed in France
- Intense red skin and red flesh
- Medium size, round to slightly conical
- Smooth, thin skin, soft sheen, waxy consistency
- Firm, crisp, dense flesh
- **Juicy, berry-like, intense, sweet, but with balanced acidity, aromatic and refreshing, sharp, sugary and fruity**

Boskoop

- „Belle de Boskoop“ or „Goudreinette“, from the Netherlands
- Rustic apple with a few different variants
- Very high in acid and vitamin C (4 times as much vitamin C as Granny Smith or Golden Delicious)
- Greenish-grey, tinged with red
- Lumpy, irregular in shape, fairly large
- Coarse, firm flesh
- Good cooking apple
- **Tart, dry, highly aromatic, sharp flavour, gets sweeter with age, fragrant, savoury-sweet taste with notes of pear and spice**

Red Delicious

- Not related to the Golden Delicious, but also from the US
- Medium to large size, elongated and conical shape
- Thick, chewy, tough, deep red skin, glossy and often slightly waxy
- Soft, crisp, pale flesh that may become mealy
- Used to be famous for its sweet taste, but suffered from commercialisation
- Best explored apple worldwide and heavily marketed
- **Mild, from very sweet to neutral, refreshing, occasionally with melon-like hints, ideally juicy, but may turn mealy**

White Transparent

- Old heritage variety, originally from Russia and the Baltic region
- Ripens early (harvested around July), short life span after picking
- Also known as glass apple or Papirovka (probably)
- Medium size, round shape
- Skin smooth and very thin, pale green to yellow, almost luminescent
- Coarse, white flesh, turns mealy very quickly, juicy when fresh
- High in acidity
- Mostly used for pies, hardly found in shops
- **Sweet-tart, soft, tender, tangy, mild, refreshing, becomes sweeter when cooked, notes of lime and vanilla**

Jonagold

- Cross between Golden Delicious and Jonathan, developed in New York
- Medium to large size, round to conical shape
- Semi-thin skin, smooth, tough, with a faint sheen
- Variable in colouration, from yellow or yellow green to blends of orange and red or with a greenish base and bright red-orange blush and striping
- Bred specifically for size, flavour and taste
- Multi-purpose apple, grown across the globe
- **Crisp, crunchy, mild, sweet and tangy flavour, balanced blend of sugar and acidity, with floral, honeyed and fruity notes, subtly sweet scent**

Gala

- Worldwide best-seller, has surpassed the Red Delicious as America‘s most popular apple
- Originally from New Zealand, goes by a variety of different names, depending on where it is grown
- Striped or mottled, orange to reddish-pink
- Medium size, round to slightly conical shape
- Thin skin with a light sheen
- Versatile, also used for creating sauces
- **Crisp, fine-textured, tender, flesh, mildly sweet, with a hint of acidity, fruity and floral undertones, with hints of vanilla, apple blossoms and pears, perfumed, floral scent**

Cox‘s Orange Pippin

- Perhaps England‘s most famous apple, usually simply called „Cox“
- Medium size, usually roundish shape
- Thin, matte, mostly smooth skin
- Autumn apple through into winter
- Golden-yellow base with increasing orange-red blush mottled striping
- In ripe fruits, sometimes the seeds can be heard rattling when the apple is shaken
- Fine-grained, firm, crisp flesh with a snappy consistency
- **Aromatic, balanced, sweet-tart, complex and unusual flavour, crisp, tangy-sweet, sprightly subacid, with hints of cherry and anise, with honeyed, spice-filled, fruity nuances, also evoking notes of melons, mangoes, oranges and pears**

Bramley

- English apple, primarily used for cooking
- Large, flattened appearance
- Semi-glossy, smooth skin
- Yellow-green with occasional faint reddish patches and stripes
- When cooked, they become fluffy and golden
- Tree fares best in clay soil
- Cooking and heating mellows the flavour, retaining a subdued tangy green apple taste
- **White-green, crisp, firm and juicy flesh, tart, sour and tangy, high acidity and low in sugar, predominantly sour in flavour, regarded as refreshing by enthusiasts**

Adams Pearmain

- English apple that used to be the favourite dessert apple in Victorian and Edwardian times, but also used for cider and cooking
- Was never grown commercially, but popular in home gardens
- Available in late autumn through winter
- Also known as Norfolk Pippin or Hanging Pearmain
- Medium size, conical shape
- Thin, matte, pale yellow-green skin, flushed with dark red blush
- Dry, firm, crisp and coarse flesh
- **Dense, intense snappy quality, balanced sweet and tangy flavour, rich, aromatic blend of nutty, malty and citrus-like nuances, crisp, juicy, rich**

Blenheim Orange

- Old English apple, used for cooking from late September and for eating from October to January
- Large, flattened round shape
- Yellow-green with dull red-orange blush and striping
- Coarse, dense and firm flesh with a dry, crumbly texture
- Does not hold its shape when cooked, best suited for fluffy purree
- Also pairs good with cheese or as a base for cider
- **Dry, mealy and crumbly, aromatic, unusual blend of sweet, tangy and distinctive nutty flavours, subtle citrus, fruity nuances**

Cameo

- Perhaps a cross between Golden Delicious and Red Delicious, from the US
- Medium to large, round to conical
- Moderatley thick, tough, smooth, matte skin
- Pale yellow base, covered in broken orange-red striping, sometimes covering the entire apple in a red flush
- Dense, juicy, firm flesh that oxidises slowly
- **Sweet, subtly tangy flavour, aromatic, somewhat balanced ratio of acid and sugar, crisp and juicy, with nuances of honey, pears and citrus**

Jazz

- Brand name of Scifresh, a New Zealand cross between Royal Gala and Braeburn
- Grown all across the globe
- Small to medium, conical to round shape
- Moderately thick, smooth, glossy, slightly greasy skin
- Yellow-green base with flushes of dark red, covering the entire apple
- Very firm, hard, dense, textured and crunchy flesh
- **Aromatic and juicy, with a refreshing, balanced sweet-tart flavour, tangy, subtly floral, fruity undertones, crispy and crunchy, with distinctive notes of pears**

Fuji

- Japanese cross between Red Delicious and Ralls Janet, unrivalled bestseller in Japan
- Medium size, round
- Semi-thick, smooth, waxy skin
- Very variable in colour, mostly yellowish-green base covered in red-pink striping and blush
- Available all year, stays fresh VERY long
- Dense, crisp flesh
- **Juicy, crisper and sweeter than many others, crunchy, low in acid, mild, sweet-tart flavour with notes of honey and citrus, somewhat reminiscent of the Nashi pear**

Kanzi

- Brand name of the Nicoter cultivar, a Belgian cross between Braeburn and Gala, same as the Jazz
- Similar to the Jazz in taste and appearance, but softer
- Small to medium, round to conical shape
- Grown all over the world
- Smooth, glossy, firm, semi-thick skin
- Golden yellow with large patches of bright red to red orange blush
- Firm, fairly crisp
- **Juicy, slightly sharp rather than sweet, mild but surprisingly intense in taste, crisp, snappy, initially sharp, mellowing into sweet, fruity, citrusy, tangy, subtly grassy notes**

Smitten

- New Zealand cross between Gala and Braeburn, like Jazz and Kanzi
- Medium to large, roundish, blocky, angular shape
- Smooth, sometimes slightly greasy
- Bright yellow base with orange-red blush and streaks
- Fine-grained, moderatley juicy, dense, crunchy
- Bred as resistant to disease, easy to grow, multi-purpose cultivar
- High in citric acid and sugar
- **Sweet-tart, subtly spicy, fruity, floral, cider- and wine-like nuances, juicy and firm**

SweeTango

- Brand name of the Minneiska, a US cross between Honeycrisp and Zestar
- Name as a combination of „sweet“ and „tang“
- Medium to large, round to conical, slightly tapering shape
- Moderately thick skin, smooth, taut, glossy
- Pale yellow-green base, covered with large patches of bright to dark red
- Firm, dense, juicy flesh, very crisp and crunchy
- Best consumed fresh
- **Crunchy, zesty, crispy and juicy, balanced sweet-tangy flavour, warm nuances of citrus, spice, cider and brown sugar**

Cosmic Crisp

- US cross between Honeycrisp and Enterprise
- Medium to large, roundish to conical shape
- Semi-thick skin, taut, glossy, smooth and chewy
- Bright yellow-green base with large patches of vibrant dark red blush
- Firm, juicy, crunchy flesh with a crisp, snap-like consistency
- High in sugar and acidity
- **Juicy, crispy, crunchy, balanched sweet-tart flavour with tangy undertones**

Knobby Russet

- Dubbed the ugliest apple in the world, looks more like a potato than an apple
- Rare English apple variety
- Medium size, conical to roundish shape, unusually irregular, warty, knobbly surface
- Bright green base hue often hidden beneath an unusual layer of russet, with red-orange blush spots
- Dry, creamy, fine-grained, dense flesh
- Edible (the knobbly skin, too), also used for cider and cooking
- **Firm, chewy and dense, with a complex, sweet-tart, tangy green-apple taste, with notes of citrus and spice**