

Warsaw, July 2021  
Press Release

### **A few words about the color of apples.**

The first apples from this year's harvest are already on sale. The first apples are harvested of early geneva variety, which is characterized by a greenish-yellow skin and a beautiful red color on the sunny side. Sometimes, however, the red color can cover even the whole fruit of this variety. On the occasion of the first harvest, it is worth considering where the color of the apples comes from and whether it affects their taste.

Many varieties of apples are grown in Poland. The color of their skin is present in shades of green, yellow or red, and the colors often mix on one fruit. From a scientific point of view, the color of apples consists of the basic color and blush. The main color is the one we see from the shaded side. It can be green, yellow or green-yellow. The blush, on the other hand, is a secondary color. In the case of apples, it is red. The dye that directly affects the red color of the apple peel is a flavonoid called cyanidin. The presence of dyes in apples depends on their variety and is genetically determined. Interestingly, there are varieties of apples such as Mutsu and Golden Delicious that only have the basic skin color and no blush.

A green color means that the apple is not overripe and its flesh is juicy and crunchy. The green discoloration of the rind results from the presence of chlorophyll in the cells of the rind, the content of which varies between cultivars. During maturation, this dye breaks down and the content of yellow and orange pigments - carotene and xanthophyll - is naturally increased. The apple becomes more and more yellow. This process is irreversible and the fruit will never turn green again.

The color of apples does not directly determine its other characteristics, such as taste or flesh structure. Therefore, when choosing fruit for yourself, it is worth following the characteristics of a given variety, and not only the color of the skin. Polish apples are delicious in all colors.

The article was written as part of the CuTE campaign: Cultivating the taste of Europe. More information about the campaign is available on the official website of the project, also in Polish: <https://www.fruitvegetableseurope.eu> and in social media.

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