



Geography/History

The original **Golden Delicious** tree was found on the Mullins' family farm in Clay County, West Virginia, United States and was locally known as Mullin's Yellow Seedling and Annit apple. Anderson Mullins sold the tree and propagation rights to Stark Brothers Nurseries, which first marketed it as a companion of their Red Delicious in 1914.



The Golden Delicious was designated the official state fruit of West Virginia by a Senate resolution on February 20, 1955 Clay County has hosted an annual Golden Delicious Festival since 1972.

See the table below for in depth analysis of nutrients:
 Apple fruit (*Malus domestica*), Fresh,
 Nutritive value per 100 g,
 ORAC value-5900
 (Source: USDA National Nutrient data base)

Energy	50 Kcal	2.5%
Carbohydrates	13.81 g	11%
Protein	0.26 g	0.5%
Total Fat	0.17 g	0.5%
Cholesterol	0 mg	0%
Dietary Fiber	2.40 g	6%
Vitamins		
Folates	3 µg	1%
Niacin	0.091 mg	1%
Pantothenic acid	0.061 mg	1%
Pyridoxine	0.041 mg	3%
Riboflavin	0.026 mg	2%
Thiamin	0.017 mg	1%
Vitamin A	54 IU	2%
Vitamin C	4.6 mg	8%
Vitamin E	0.18 mg	1%
Vitamin K	2.2 µg	2%
Electrolytes		
Sodium	1 mg	0%
Potassium	107 mg	2%
Minerals		
Calcium	6 mg	0.6%
Iron	0.12 mg	1%
Magnesium	5 mg	1%
Phosphorus	11 mg	2%
Zinc	0.04 mg	0%
Phyto-nutrients		
Carotene-β	27 µg	--
Crypto-xanthin-β	11 µg	--
Lutein-zeaxanthin	29 µg	--

Description/Taste

Golden Delicious is a large, yellow skinned cultivar and very sweet to the taste. It is prone to bruising and shriveling, so it needs careful handling and storage. It is a favorite for salads, apple sauce, and apple butter.

