

FROM BEE TO YOU
Delicious Health with SugarBee®

—With Annessa Chumbley | RD I Media Dietitian

SugarBeeApple.com



Discover the Magic of SugarBee® Apples

Welcome to the sweet and crispy world of the SugarBee® apple. This e-book is your guide to discovering what makes this apple so special, from its unique origin story to the dedicated growers who bring it to your table. Whether you've heard about SugarBee® apples on your favorite podcast or seen them at your local market, we're here to tell you why they've become the world's tastiest apple.

SugarBee

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All the nutrition information was provided by Annessa.



THE STORY OF SUGARBEE®



Most apples need pollen from a different variety of apple to set fruit. This process is called “cross-pollination” and orchardists work hard to ensure compatible varieties are planted near one another so the apples will be juicy and sweet.

One sunny spring day, a honey bee was buzzing through an orchard, collecting nectar and cross-pollinating apple blossoms along the way. The honey bee stopped at an unknown tree and collected nectar and pollen from a blossom. As the day went on, the little honey bee passed that pollen onto a Honeycrisp tree. Little did this bee know its cross-pollination between a Honeycrisp and an unknown variety had just resulted in the beloved SugarBee® apple we know and enjoy today!

THE FLAVOR STORY OF SUGARBEE®

Biting into a SugarBee® apple is like indulging in nature's finest treat. Its flavor profile leans delightfully toward the sweet side, with nuanced notes of honey, caramel, and molasses that dance across your palate. A subtle touch of acidity adds a complexity that makes you crave your next bite!

Every crisp, firm bite releases a burst of juicy, aromatic goodness with just the right amount of sweetness. It's the kind of apple that leaves you saying, "Oh honey, that's good!"—A truly unique experience that sets SugarBee® apart from all others.



SugarBee® Apples can be identified by its unique honeycomb sticker found on all apples across all retailers!





HEALTH BENEFITS OF SUGARBEE® APPLES

Not only does the SugarBee® apple delight your taste buds, but it also offers impressive health benefits. Here is a snapshot of the nutrition packed into each apple:

- **Vitamin C:** powerful antioxidant known for fighting free radicals and protecting the body against infectious agents
- **B Vitamins:** B-complex vitamins play an important role in keeping red blood cells and the body's nervous system healthy
- **Dietary Fiber:** key for smooth digestion and controlling blood sugar, fiber may also help prevent certain diseases as well as impede bad cholesterol
- **Polyphenolic Compounds:** these phytonutrients help protect against the negative effects of free radicals
- **Minerals:** apples contain important minerals like calcium, potassium and phosphorus, which are critical for many functions including maintaining bone density, nerve health and proper cellular function

Whether you're enjoying them as a fresh snack, adding them to a salad, or baking them into your favorite desserts, SugarBee® apples are a delicious and nutritious choice.



MEET THE SUGARBEE® APPLE GROWERS

Behind every SugarBee® apple is a group of passionate, hardworking growers who pour their knowledge, skill, and love into each harvest. Many of these growers are small, family-run farms located throughout Washington State's apple-growing regions.

They are dedicated to sustainable practices that nurture both the land and the fruit, ensuring that future generations can continue to enjoy the extraordinary flavor of SugarBee® apples. In this section, we'll spotlight a few of these growers and share their stories.(I added a few from their website but can add more if needed)

One of our growers is Harold Schell, who manages variety development to determine what new varieties will be friendly to grow, harvest, pack, and also have consumer appeal. Harold has been lovingly nick-named the "Manny" of SugarBee® apples, as he applies over 40 years of experience to nurture new varieties such as the SugarBee®.

Tom Riggan was born into an agriculture family and followed his knowledge of apples, pears & cherries to working in sales and management. Tom rarely misses an opportunity to get out in the orchard and stay connected with the crops. He spends his remaining free time attending kids' activities and long distance bike riding.

Jeff LaPorte and his family are proud growers of SugarBee® and Honeycrisp apples on their acreage. Jeff also works to advise many of our growers on best growing practices to produce high quality fruit.

FLAVONOIDS 101: TYPES AND WHERE TO FIND THEM

ANTHOCYANINS

These are responsible for the vibrant red, blue, and purple colors in many fruits and vegetables.

- **Blackberries**
  Generally considered among the richest sources.
- **Red Cabbage**
  A very good source.
- **Red Grapes**
  High levels, especially in darker varieties.
- **Cranberries**
  A potent source.
- **Raspberries**
  Good levels.
- **Strawberries**
  Contain anthocyanins, but in slightly lower quantities than others listed

BENEFITS OF FLAVONOIDS

These natural compounds play a key role in protecting brain function, strengthening immunity, and relieving pain.

BENEFITS

- Flavonoids may protect the brain by lowering inflammation and protecting the vascular system; studies are now showing they improve brain function, memory, and blood flow.
- Newer studies are showing that Flavonoids may not only have anti-inflammatory properties, but also pain-relieving properties. They may reduce cells' response to pain.
- Have anti-bacterial and anti-viral effects

TIPS

- It's important to include a range of the different types of flavonoids - and we have put together example meal plans for you!
- Make a "Flavonoid Fruit Salad" of chopped apples, oranges or mandarins, blueberries and raspberries. Packed with nutrients to boost your brain activity and protect your body from cellular damage.
- An apple with quality dark chocolate is the perfect flavonoid snack

EXAMPLE 400 MG FLAVONOID DAY

BREAKFAST

Oatmeal or overnight oats with 1/2 cup blueberries or blackberries, Hot tea (black or oolong) | **200 mg**

LUNCH

Wrap with fresh spinach, shredded chicken, tomato, & spread (with side) | ≈**50 mg**

SNACK

1 chopped SugarBee® apple with nut butter dip with 1 square quality dark chocolate | ≈**100 mg**

*note: the higher the cocoa amount, the more flavonoids!

DINNER

Pasta Bowl with chickpea pasta, sautéed red onion, garlic, kale, shredded chicken, chopped fresh or dried parsley and sauce/dressing | ≈**75 mg**

NIGHTTIME

Chamomile tea

FLAVONOIDS 101: TYPES AND WHERE TO FIND THEM

FLAVAN-3-OLS

This group includes catechins, epicatechins, and proanthocyanidins.

- **Dark Chocolate**
  Especially high concentrations.
- **Green Tea**
  A very rich source.
- **Black Tea**
  Also a very good source.
- **Apples**
  Especially with the skin.
- **Grapes**
  Contain significant levels.
- **Blueberries**
  Contain a good amount.

FLAVONOIDS 101: TYPES AND WHERE TO FIND THEM

FLAVANONES

These are primarily found in citrus fruits and contribute to their characteristic flavor.

- **Oranges**
  A primary source.
- **Grapefruits**
  Also a rich source.
- **Lemons/Limes**
  Contain significant amounts.

FLAVONES

These are present in foods like parsley, celery, and peppers.

- **Parsley**
  Very high concentrations.
- **Celery**
  A notable source.
- **Peppers**
  Contain flavones.

RECIPES & IDEAS

Ready to get creative in the kitchen? SugarBee® apples are perfect for all kinds of dishes, thanks to their sweet, honeyed flavor and satisfying crunch. Try them:

- **Fresh & Simple:** Sliced with nut butter or cheese for a healthy, satisfying snack.
- **In Salads:** Tossed with greens, nuts, and a light vinaigrette for a refreshing meal.
- **Baked to Perfection:** In pies, crisps, or caramelized tarts.
- **Charcuterie Boards:** Adding a touch of sweetness to savory bites.

We'll share a few favorite recipes to inspire your next culinary adventure.

From classic apple pie to fresh, crisp salads, the SugarBee® apple's versatile flavor profile makes it a perfect ingredient for countless recipes. This section will include some of our favorite ways to enjoy SugarBee® apples, along with tips for storage and pairing suggestions. SugarBeeApple.com/recipes

Discover the versatility of SugarBee® apples with these delicious ideas!










FLAVONOIDS 101: TYPES AND WHERE TO FIND THEM

FLAVONOLS

Common flavonols include quercetin, kaempferol, & myricetin

- **Parsley:** Extremely high levels.
- **Onions:** A very significant source.
- **Kale**: A very good source.
- **Tea (Green/Black)**
  High levels when brewed.
- **Apples**: A common source.
- **Berries**: contain flavonols.

ISOFLAVONES

These are particularly abundant in soybeans and other legumes.

- **Soybeans**
  The most abundant source.
- **Tofu/Soy Milk**
  Processed soy products.
- **Other Legumes**
  Contain isoflavones in lesser amounts.



KALE AND WHITE BEAN SKILLET

Recipe by Valerie Musser | Serves: 4 | Time: 30 minutes | Vegan & GF

This vibrant SugarBee® Apple, Kale & White Bean Skillet combines sweet apples, hearty beans, and nutrient-rich greens in a flavorful one-pan dish. Finished with thyme and a splash of apple cider vinegar, it's a cozy, plant-powered meal perfect for any night of the week.

INGREDIENTS

- 1 tbsp olive oil
- 1 small red onion, thinly sliced
- 2 cups red cabbage, shredded or thin sliced
- SugarBee® apple thinly sliced
- 2 cloves garlic, minced
- 1 tsp fresh thyme (or ½ tsp dried)
- 1 (15 oz) can white beans (cannellini or Great Northern), drained and rinsed
- 4 cups chopped kale
- 1 bunch chopped fresh parsley
- 1 tbsp apple cider vinegar
- Salt and pepper, to taste
- Optional: pinch of red pepper flakes or a drizzle of maple syrup





INSTRUCTIONS

1. Heat olive oil in a large skillet over medium heat. Add red onion and cook for 3–4 minutes until softened.
2. Stir in shredded red cabbage and SugarBee® apple slices. Cook for 4–5 minutes, stirring occasionally, until slightly tender.Add garlic and thyme. Stir in white beans and cook for 1–2 minutes to heat through.
3. Add chopped kale and cover the skillet for 2 minutes to steam slightly. Uncover and stir until kale is wilted.
4. Season with salt, pepper, and apple cider vinegar. Add red pepper flakes or maple syrup if desired.
5. Remove from heat, stir in chopped parsley, and serve warm.





COOKIE DOUGH APPLE SANDWICHES

Recipe by Annessa Chumbley | Makes: 6-8 sandwiches
Time: 30 minutes + Time to Chill

These SugarBee® Cookie Dough Apple Sandwiches are simple to make and full of delicious, functional ingredients. With flavanoid-rich dark chocolate and pecans, each bite delivers a satisfying balance of crunch, flavor, and feel-good benefits.

INGREDIENTS

- 2 SugarBee® Apples
- 1/4 cup superfine almond flour
- 1/3 - 1/2 cup natural cashew butter (the drippy kind)
- 1-2 scoops vanilla protein powder
- 1/4 teaspoon almond extract
- 1/2 teaspoon vanilla bean paste
- 1/4 cup mini dark chocolate chips
- 1/4 cup dark chocolate, melted
- 1/4 cup chopped pecans

INSTRUCTIONS

1. Slice apples horizontally about ¼ - ½ inch think, and remove seeds. Set aside.
2. In a small bowl, stir together the almond flour, cashew butter, protein powder, almond extract, vanilla bean paste, and chocolate chips to make the high-protein cookie dough.
3. Roll into little cookie dough balls about 2 tablespoons each.
4. Place a cookie dough ball onto one of the apple slices, then press down another apple slice on top to make a sandwich.
5. Top with a thin layer or melted dark chocolate, letting it drip down the side.
6. Immediately sprinkle some chopped pecans on top.
7. Allow sandwiches to chill until the chocolate sets & enjoy!!!





WHY CHOOSE SUGARBEE®?

At the end of the day, the SugarBee apple isn't just another apple – it's an experience. Its irresistible crunch, honey-sweet flavor, and refreshing juiciness make it stand out from the crowd. Once you've tried a SugarBee, you'll understand why so many people are making it their go-to apple.

Want to learn more about SugarBee® apples? Visit our website at SugarBeeApple.com or follow us on social media for more delicious inspiration.