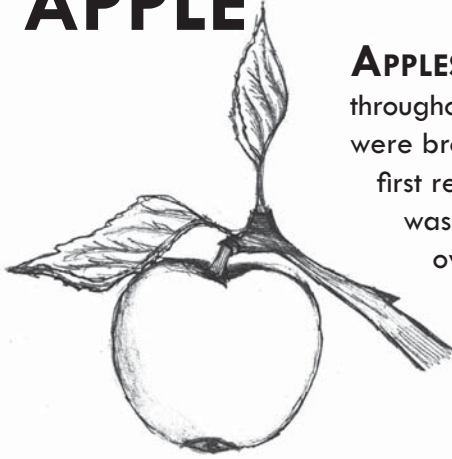


APPLE



APPLES, members of the rose family, have been cultivated throughout the world for almost 3,000 years. Apple seeds were brought to North America by the first colonists and the first recorded apple tree planting in the United States was in 1629 in the Massachusetts Bay Colony. There are over 7,000 different varieties of apples. Each apple seed will grow into a unique tree that will often yield undesirable fruit. Therefore, all apples that we know today have been selected and grafted to be tasty fruit. In the Northeast the height of apple season is from September to November. Although delicious in many recipes, remember that apples are a treat eaten as is!



SELECTION

- ◆ Select apples with **smooth skins without bruises** or cuts.
- ◆ Choose apples that are **firm to the touch**.
- ◆ Northeast apple **varieties that are better for eating** are McIntosh, Macoun, Red and Golden Delicious, Empire, and Cortland.
- ◆ **Good varieties for baking** are Roma, Northern Spy, Golden Delicious, Baldwin, Cortland, and Empire.

STORAGE

- ◆ Many apples will stay fresh for up to three months when stored in a **perforated plastic or paper bag in the refrigerator**; otherwise **freshly picked apples taste better when kept at room temperature**. Late varieties (those harvested near or after late October) will store much longer.
- ◆ Do not wash apples until you are ready to eat them.
- ◆ **Browning near the core** of an apple indicates that the fruit has been stored at too low temperatures.
- ◆ Apples, **once cut can be kept white by dipping the cut fruit in a bath of citrus juice and water**, or by just squeezing a lemon over the cut pieces.

Adding a small apple, finely chopped, to any cake batter will improve the flavor and make the cake more moist.

Nutritional Information

One medium apple provides 8% of the vitamin C, 5% of the potassium, and 20% of the fiber recommended daily to keep our bodies healthy. Vitamin C is important in immune response, wound healing, and allergic reactions. It also helps with iron absorption. Potassium is a mineral necessary for proper nerve and muscle function, as well as blood pressure regulation. Fiber appears to reduce the risk of developing various conditions, including heart disease, diabetes, diverticular disease, and constipation. The phytochemical quercetin is abundant in apples. This may protect against some types of cancer and heart disease.

Apple Recipes

Applesauce (Makes 1 cup)

2 medium apples
1/4 cup water or apple juice
brown sugar, to taste
cinnamon, to taste
nutmeg, to taste

Peel, core, and cut apples into chunks. Place apples, water and desired amount of brown sugar, cinnamon, and nutmeg in a pot on the stove. Bring to a boil. Reduce heat and simmer until apples are soft and mushy. If they begin to burn or stick to the bottom, add more water or apple juice.

Recipe contributed by Lori Wyble, Just Food dietetic intern, 2003



Waldorf Salad (Serves 4-6)

2 medium apples
1 cup celery, diced
1/3 cup coarsely chopped walnuts
1/2 cup plain yogurt
1/2 cup raisins
1 Tablespoon maple syrup or honey

Place ingredients in a bowl and combine well. If desired, place salad onto a bed of lettuce. Serve.

Recipe adapted from www.nyapplecountry.com



Apple Pie

Crust:
2 cups flour
1 teaspoon salt
1/2 cup oil
3 Tablespoons cold water

Filling:
3/4 to 1 cup sugar
1 teaspoon cinnamon
6-7 apples
1 1/2 tablespoons butter

Crust: In a large bowl sift together the flour and salt. Add oil and cut into flour with a fork. Sprinkle cold water over the mixture 1 teaspoon at a time and cut with a fork until moist. With your hands, press dough into a smooth ball. Divide in half and roll each half in between two sheets of wax paper to about 1/8 inch thick. Place one of the crusts in the bottom of a pie tin and set aside. **Filling:** Peel, core and slice the apples. In a large bowl, mix the cinnamon and sugar with the apples. Pour the apple mixture into the crust in the pie tin. Dot the top with butter. Place the remaining crust on top and seal the edges. Make several slits in the top crust. Bake at 425 degrees for 50 minutes or until golden brown.

Crust recipe contributed by Ann Sweeny, St. Paul MN, 2003. Filling recipe contributed by Faith Lukowski, Muskego WI, 2003.

