



Nutrition Notes: September 2015: Harvest of the Month- APPLES!

Apples

Cafeteria | VermontHarvestoftheMonth.org



Selection Tips

- Choose apples that are firm and unbruised.
- If you're planning on using apples for applesauce or baking, "apple seconds", or less than perfect apples, are excellent candidates.

Storage Tips

- Will keep on the counter for about a week.
- Depending on the variety, apples can store in the refrigerator for a few weeks to a month; if you have a "crisper drawer", store them there.
- For long-term storage, place in a dark, cool, and humid space. Check out this helpful tip sheet online: <http://www.hort.purdue.edu/ext/HO-95.pdf>.
- **To freeze:** Apples freeze well when puréed. Do not freeze whole, uncooked apples—core, slice, and sprinkle with lemon juice to prevent discoloration.
- **Seasonal use:**
Summer: Crispy for a short period of time and are best used for cooking.
Fall: Traditionally eaten out of hand but have an all-purpose usage and store longer.
Winter: Ripen mid to late fall and are excellent for storage—they reach peak flavor after weeks or months of storage.

Sources: <http://extension.wsu.edu/maritimefruit/pages/appleusechart.aspx>, http://orchard.uvm.edu/uvmapple/hort/AppleHortBasics/Rootstocks_and_cultivars.htm, *The Visual Food Encyclopedia*.

Kid-Friendly Eating Tips

- Homemade applesauce: fill the bottom of a large pot with an inch of water; bring to a boil, add apples, and cook over low heat until soft, mash, then add cinnamon and or a bit of maple syrup.
- Dip apple slices in peanut butter or pair them with cheddar cheese.
- Bake apple slices in the oven with a cinnamon-sugar mixture for 15-20 minutes at 350° F.
- Bake apple halves in the oven, stuffed with a filling, such as, raisins, honey, chopped nuts or shredded coconut.

Cooking Tips

- **Apple variety uses:**
Out of hand: firm, crisp, and juicy—Cortland, Empire, Fuji, Gala, Golden Delicious, Honeycrisp, Jonagold, Liberty, McIntosh, and Red Delicious.
Pie & oven baking: dry, sweet, and slightly acidic—Cortland, Empire, Jonagold, Golden Delicious, and Idared.
Applesauce: an apple that doesn't easily discolor—Cortland, Empire, Fuji, Honeycrisp, Idared, Jonagold, and McIntosh.
Jelly: barely ripe, acidic, high in pectin—Cortland, Crab Apple, Empire

Benefits

Apples are a good source of potassium, vitamin C, and fiber.