Apple Basics

Apples provide vitamin C, potassium and fiber.
Eat the peel for more fiber.

Shop and Save

- Look for apples that are firm and do not have broken skin, bruises or soft spots.
- Apples are harvested between August and November, but are available year round. During harvest time, apples may cost less and be more crisp.
- Farmers markets and farm stands may have local varieties that you can taste before buying.

Some Popular Varieties of Apples

- **Pink Lady (Cripps Pink)**: Sweet-tart flavor and firm, crisp texture; excellent fresh or cooked, very good for freezing
- **Braeburn**: Sweet-tart flavor and crisp texture; good fresh or cooked
- **Granny Smith**: Crunchy and tart; good fresh, cooked or frozen
- **Fuji**: Crunchy and super sweet; good fresh, cooked or frozen
- **Gala**: Crisp and very sweet; good fresh or cooked but not recommended for freezing
- **Golden Delicious**: Crisp, sweet and mellow with a tender skin; stays white longer after cutting; excellent for all purposes
- **Honeycrisp**: Crisp, sweet and juicy; excellent fresh or cooked and can be frozen
- **Red Delicious**: Crunchy texture and mildly sweet flavor; deep red skin adds color; best used fresh

Store Well

- Whole apples can be stored at room temperature for a few days. They can be stored in the refrigerator in a crisper drawer or open bag for up to 6 weeks.
- Apples that are starting to shrivel can be used in cooking.
- Apples tend to brown after they are peeled or cut. Browning is not harmful. To keep cut apples looking fresh for a few hours, dip the cut pieces in lemon or orange juice and refrigerate in a covered container.
- Refrigerating cut apples in a container of water also keeps them white, crisp, and ready to eat.

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Microwave Applesauce

**Ingredients:**
- 6 apples, peeled, cored and quartered or chopped (about 8 cups)
- ¼ cup water
- ¼ cup sugar (or less to taste)
- ¼ teaspoon cinnamon

**Directions:**
1. Place the apples and water in a 2 quart microwave-safe dish. Cover with microwave-safe cover.
2. Cook on high for 10 to 12 minutes or until the apples are soft enough to mash.
3. Use a potato masher or fork to make chunky applesauce.
4. Add the sugar a little at a time to reach desired sweetness. Add cinnamon.
5. Serve warm or chilled. Refrigerate leftovers within 2 hours.

**Makes** 3½ cups

**Prep time:** 15-20 minutes

**Cook time:** 10 to 12 minutes

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**Baked Apple Chips**

**Ingredients:**
- 2 large apples
- cinnamon (optional)

**Directions:**
1. Rinse the apples and cut them crosswise into thin slices. Cut out the core, if desired.
2. Arrange the slices in a single layer on baking sheets. Sprinkle lightly with cinnamon, if desired.
3. Bake at 200 degrees for about 1 hour. Turn the slices over. Continue baking until the slices are dry with no moisture in the center, 1 hour or more depending on thickness.
4. Remove from the oven and cool. Store in an air-tight container.

**Makes** 2 cups

**Prep time:** 10 minutes

**Cook time:** 2 hours or more

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**Tips for Freezing Apples**

1. Slice apples.
2. To prevent browning, dip the slices in lemon or orange juice.
3. Freeze the slices in a single layer on a baking sheet for 1 to 2 hours.
4. Place the frozen slices into a freezer container, sealing it tightly.

**To Use:**
Pour out the amount of frozen apples needed, then reseal the container and return it to the freezer. Use frozen apple slices within 8 months for best quality.