# Apple Basics 

## 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.

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


Some Popular Varieties of Apples


## Braeburn

Sweet-tart flavor and crisp texture; good fresh or cooked


## Pink Lady (Cripps Pink)

Sweet-tart flavor and firm, crisp texture; excellent fresh or cooked, very good for freezing

## Granny Smith

Crunchy and tart; good fresh, cooked or frozen


## Gala

Crisp and very sweet; good fresh or cooked but not recommended for freezing


## Honeycrisp

Crisp, sweet and juicy; excellent fresh or cooked and can be frozen


## Golden Delicious

Crisp, sweet and mellow with a tender skin; stays white longer after cutting; excellent for all purposes


Crunchy and super sweet; good fresh, cooked or frozen

## Red Delicious

Crunchy texture and mildly sweet flavor; deep red skin adds color; best used fresh


- 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.


## Cooking with Apples

## Microwave Applesauce

## Ingredients:

6 apples, peeled, cored and quartered or chopped (about 8 cups)
$1 / 4$ cup water
$1 / 4$ cup sugar (or less to taste)
$1 / 4$ 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.
3. Add the sugar a little at a time to reach desired sweetness. Add cinnamon.
4. Serve warm or chilled. Refrigerate leftovers within 2 hours.
Makes $3^{1 / 2}$ cups
Prep time: $15-20$ minutes
Cook time: 10 to 12 minutes

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Baked Apple Chips

## Ingredients:

 2 large apples\% Add thinly sliced apples to your sandwich for a little crunch. 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
