



Give Them More
of the
Good Stuff!

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 often have local varieties you can sample before buying.

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



Some Popular Varieties of Apples



Braeburn

Sweet-tart flavor and crisp texture. Good fresh or cooked.



Honeycrisp

Crisp, sweet and juicy. Excellent fresh or cooked. Can be frozen.



Pink Lady (Cripps Pink)

Sweet-tart flavor and firm, crisp texture. Excellent fresh or cooked. Very good for freezing.



Fuji

Crunchy and super sweet. Good fresh, cooked or frozen.



Granny Smith

Crunchy and tart. Good fresh, cooked or frozen.



Golden Delicious

Crisp, sweet and mellow with a tender skin. Stays white longer after cutting. Excellent for all purposes.



Gala

Crisp and very sweet. Good fresh or cooked but not recommended for freezing.



Red Delicious

Crunchy texture and mildly sweet flavor. Deep red skin adds color. Best used fresh.



Store Well Waste Less

- 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.
- Use slightly shriveled apples in cooking — they're still great for sauces or baking.
- 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.

Enjoy Apples



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. Wash hands with soap and water.
2. Rinse apples under running water before preparing.
3. Place the apples and water in a 2 quart microwave-safe dish. Cover with a 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: 20 minutes

Cook time: 15 minutes

Baked Apple Chips

Ingredients:

2 large **apples**

cinnamon (optional)

Directions:

1. Wash hands with soap and water.
2. Rinse apples and cut crosswise into thin slices. Cut out the core if desired.
3. Arrange the slices in a single layer on baking sheets. Sprinkle lightly with cinnamon, if desired.
4. 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.
5. Remove from the oven and cool. Store in an air-tight container.

Makes 2 cups

Prep time: 10 minutes

Cook time: 2 hours



Kids Can!

When kids help make healthy food, they are more likely to try it. Show kids how to:

- ❁ rinse apples under cool running water.
- ❁ choose apples at the store.

How to Freeze Apples

- 1 Slice apples.
- 2 Dip slices in lemon or orange juice to prevent browning.
- 3 Spread in a single layer on a baking sheet and freeze for 1 to 2 hours.
- 4 Transfer frozen slices to an airtight freezer container.
- 5 Use within 8 months for best quality.

Frozen apple slices work great in *Microwave Applesauce!*

Quick Fix

- ❁ Mix chopped apples into hot cereal like oatmeal.
- ❁ Add thinly sliced apples to your sandwich for a little crunch.
- ❁ Mix peanut butter and yogurt together for a delicious dip for apple slices.