



All About Apples



Fun Facts About Apples

- ✓ More than 2,500 varieties of apples are grown in the United States, but only the crabapple is native to North America.
- ✓ Apples are grown in all 50 states.
- ✓ Apple trees take four to five years to produce their first fruit.
- ✓ Apples ripen six to 10 times faster at room temperature than if they are refrigerated.
- ✓ Apples are a member of the rose family.
- ✓ The top apple producers around the world are China, United States, Turkey, Poland and Italy.
- ✓ A peck of apples weighs 10.5 pounds. A bushel of apples weighs about 42 pounds.
- ✓ It takes about 36 apples to create one gallon of apple cider.

Take A Healthy Bite

- ↳ Apples are also low in calories, have only a trace of sodium, and no fat or cholesterol.
- ↳ High in polyphenols, which function as antioxidants
- ↳ Apples are loaded with vitamin C. Almost half of an apple's vitamin C content is just under the skin, so it's a good idea to eat apples with their skins.
- ↳ In addition to digestion-aiding insoluble fiber, apples have soluble fiber, such as pectin. This nutrient helps prevent cholesterol from building up in the lining of blood vessels, which in turn helps prevent atherosclerosis and heart disease.

Nutrition Facts	
Serving Size 1 medium apple (138g)	
Servings Per Container: 1	
Amount per serving	
Calories 81	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Cholesterol 0g	0%
Sodium 0mg	0%
Total Carbohydrate 21g	7%
Dietary Fiber 4g	
Sugars 18g	
Protein 0g	
Vitamin A 1%	Vitamin C 13%
Calcium 1%	Iron 1%

Handling and Cooking Tips

Selection

- ✓ Select apples that are firm to the touch, have a good aroma and are free of skin breaks and bruises.
- ✓ Handle them gently to prevent bruising.

Storage

- ✓ Refrigerate apples as soon as possible to slow ripening and maintain flavor. Properly-refrigerated apples can keep anywhere from 4-6 weeks.
- ✓ Store apples away from strong-smelling foods to prevent them from absorbing unpleasant odors.






Preparation






- ✓ Wash each apple under cool, running water and dry with a clean paper towel before serving.
- ✓ Don't wash until just before using to prevent spoilage.






Browning Prevention

- ✓ Cut and coat apple slices and dices in vitamin C-fortified 100% apple juice, in a mixture of one part lemon juice to three parts water, or in a commercial, anti-browning product to prevent browning.
- ✓ Eat within two hours, or refrigerate immediately until use.

Apple Variety Guide

	Breaburn 	Crispin 	Empire 	Fuji 	Gala 
Flavor	Sweet / tart/ spicy	Sweet	Sweet / tart	Sweet	Sweet / spicy
Color	Greenish-gold with red	Green – yello	Solid red	Red blush, yellow	Pink / Red-orange
Texture	Firm	Firm	Crisp	Crisp / Firm	Crisp
Best Uses	Snacking, baking, salads, pies, freezing	Snacking, pies	Snacking, salads	Snacking, salads, freezing, baking	Snacking, salads, freezing
Season	Oct – July	Oct – Sept	Sept – July	Year round	Year round

	Ginger Gold 	Golden Delicious 	Granny Smith 	Honey Crisp 	Idared 
Flavor	Sweet / Tart	Sweet	Tart	Sweet / Tart	Sweet / Tart
Color	Green-yellow, sometimes with blush	Yellow-green	Green, occasional pink blush	Mottled red over a yellow background	Light red
Texture	Crisp	Crisp	Crisp	Crisp and juicy	Firm
Best Uses	Snacking, salads	Snacking, salads, sauce, pies, baking	Salads, pies, sauce, baking, freezing	Snacking, salads, sauce	Snacking, baking
Season	Aug – Nov	Year round	Year round	Sept – April	Oct – Aug

	Jonagold 	McIntosh 	Pink Lady 	Red Delicious 	Rome 
Flavor	Sweet / tart	Tangy	Tangy / tart	Sweet	Sweet
Color	Red with yellow/ orange	Red and green	Pink blush over yellow	Striped to solid red	Deep, solid red
Texture	Crisp	Tender	Firm	Crisp	Firm
Best Uses	Snacking, salads, sauce, pies	Snacking, sauce, pies	Snacking, salads, sauce	Snacking, salads	Sauce, baking, pies
Season	Oct – July	Sept – June	Nov – Aug	Year round	Oct - Sept