



Give Your Family More of the Good Stuff!

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Apple Basics

\$hop and \$ave

- ✿ Apples are harvested between July and November, but are available year-round.
- During harvest time, apples may be cheaper and may taste fresher.
- ✿ Look for apples that are firm and do not have broken skin, bruises or soft spots.

Wash apples:
rub the skin under
running water



Store Well Waste Less

- Whole apples stored at room temperature are best quality for a few days. Apples kept in the refrigerator in a crisper drawer or open plastic bag are best quality 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 or closed plastic bag.
- Refrigerating cut apples in a container of water also keeps them white, crisp, and ready to eat.

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



Types of Apples

Here are some common types:



Type	Taste	Best Use
Braeburn	Juicy yet firm and crisp	Eating fresh or baking
Fuji	Firm, crisp, tart, and slightly sweet	Eating fresh or baking
Gala	Crisp and sweet	Eating fresh
Golden Delicious	Sweet, mellow flavor	Eating fresh or baking
Granny Smith	Tart and juicy	Eating fresh or baking
Red Delicious	Crunchy and mildly sweet	Eating fresh

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon SafeNet at 211. USDA is an equal opportunity provider and employer.

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Apple Recipes

Kid
Approved!

Quick Fix

✿ Mix chopped apples into hot cereal like oatmeal.

✿ Mix peanut butter and yogurt together for a delicious dip for apple slices.

✿ Add thinly sliced apples to your sandwich for a little crunch.

Microwave Applesauce

Tastes great warm or chilled.

Ingredients:

- 6 **apples**, peeled, cored and quartered
- $\frac{1}{4}$ cup **water**
- $\frac{1}{3}$ cup **sugar**
- $\frac{1}{4}$ teaspoon **cinnamon**

Directions:

1. Place apples and water in a 2 quart microwave safe dish.
2. Cover apples with microwave-safe cover or plastic wrap and cook on high for 6 to 8 minutes or until apples are easily pierced with a fork.
3. Add sugar and cinnamon.
4. Use a potato masher or fork to make smooth or chunky applesauce.

Frozen apple
slices work great
in *Microwave
Applesauce!*

Tips for Freezing Apples

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

To Use:

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

Oven-Dried Apples

Ingredients:

2 large **apples** **cinnamon** (optional)

Directions:

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