



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 may have local varieties that you can taste before buying.

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



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.
- 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.

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 and 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



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 Safe Net at 211. USDA is an equal opportunity provider and employer.

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Cooking with 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. 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

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.



Kids Can!

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

- ✿ rub apples under cool running water.
- ✿ choose apples at the store.

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.

Frozen apple slices work great in *Microwave Applesauce!*

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

