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Apples

Georgia C. Lauritzen Ph. D.
Utah State University

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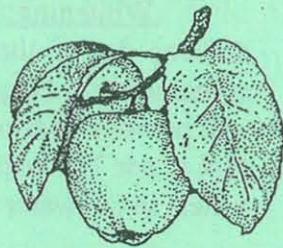
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Cooperative Extension Service
Utah State University



Nutrition and Food Sciences Fact Sheet

EL 225

APPLES

Any time is apple time. Apples are America's favorite fruit. The versatile apple, cooked or raw, fits into most eating patterns, as an appetizer, beverage, part of a main dish, a salad, a garnish, or a dessert.

Varieties: Many varieties of apples are grown. They can be generally classified into those which are high in eating quality and those which are good for cooking or preservation. The following chart indicates varieties, preferred use, and availability.

Quality: The highest quality apples are freshly harvested. Modern commercial storage techniques now make crisp, flavorful apples available year round. Controlled atmosphere storage literally puts the apples to sleep at low temperatures under high humidity and high carbon dioxide and low oxygen levels. The long storage time adds to the cost and so apple prices increase in the spring months. Most apples are marketed by grade which is determined by color, uniformity of size and shape, and freedom from defects.

Selection: Select apples which are firm, bright colored and free from bruises, skin breaks and decayed

APPLE VARIETIES	SEASON	FRESH EATING	COOKING		FREEZING SLICES	DRYING
			SLICES	SAUCE		
Lodi	Mid-August	Good		Excellent		
Paulared	Early Sept.	Good		Good		
McIntosh	Early Sept.	Excellent		Excellent		
Nured Jonathan	Late Sept.	Good	Excellent		Good	Excellent
Golden Delicious	Early Oct.	Excellent	Excellent		Good	Excellent
Red Delicious (Red Spur, Well-spur, Red Chief)	Early Oct.	Excellent				
Idared	Late fall	Good	Good		Good	Good
Rome Beauty (Law Strain)	Mid Oct.	Good	Excellent		Good	Excellent
Winesap	Late Oct.	Good	Excellent		Very Good	Excellent

spots. Size may not be important since small crisp apples are likely to taste as good as large ones. Stored apples may lose quality after the grade is assigned so appearance is important.

Amount to Buy: 1 pound = 3 medium apples
(3 cups diced)

1 pound = 1 1/2 cups applesauce

2 pounds = 1 9-inch pie (6-8 apples)

1 bushel = 48 pounds or 16-20 quarts sauce,
canned or frozen

Storing: Only firm, good quality apples should be stored for later use. Bruised or broken skin apples should be stored in the humidifier compartment or a plastic bag in the refrigerator. The bag should have a few small holes to permit ventilation. Refrigerated apples should be used within a few weeks.

Uses: Apples must be the most versatile fruit known. Following are a few suggestions for use in meals.

- table decoration
- fresh slices as appetizer
- fresh sliced or cubed as salad, combined with other fruits or nuts
- slices, sauce, chunks or rings as meat accompaniment
- baked in nut breads, quick breads or muffins
- juice or cider as beverage or combined with other juices, hot or cold, spiced or plain
- desserts including cookies, cakes, cobblers, pies, tarts and baked whole

Nutrients: Apples are relatively low in calories. One medium apple contains 75 calories. Small amounts of vitamin A and C and some B are present as well as calcium, iron, and fiber. One of the benefits of finishing a snack or meal with a crisp, fresh apple is that it acts as a detergent food, cleaning the teeth and exercising the gums.

Whitening: When apples are cut, the flesh darkens due to the contact of oxygen and enzymes contained in the apple. Immersing the cut fruit in water will prevent darkening. The use of salt, lemon juice (1/4 c. per 1 c. water) or citric acid (1/4 tsp. per quart water) in the water will retain white color.

Freezing: Slices; wash, peel, core and slice thinly. Pack in 40% syrup (3 c. sugar and 4 c. water). Add 1/2 tsp. crystalline ascorbic acid per quart. Slice directly into cold syrup. Press fruit down into container. Add enough syrup to cover. Or slice apples into salted water (2 Tb. salt per gallon water). Drain. Steam in a single layer 1 1/2 to 2 minutes to prevent darkening, cool in cold water, drain and stir. Pack into containers, press fruit down, seal and freeze.

Applesauce: Wash, peel, core and slice apples. Add 1/3 c. water to each quart, cook until tender. Cool and strain if necessary. Sweeten if desired (1/4-3/4 c. sugar per quart). Pack. Seal and freeze.

Canning: Pare, core and cut in pieces. To prevent darkening drop into 1 gal. water which contains 2 Tb. each of salt and vinegar. Drain, then boil 5 min. in thin syrup or water. Pack to 1/2 inch of top of jar. Cover with hot syrup or water. Adjust lids and process in boiling water bath—30 minutes for pints and quarts (at altitudes from 3000 - 6000 feet).

Or make applesauce, sweetened or unsweetened. Heat to simmering, pack hot into jars, fill to 1/4 inch of top. Adjust lids, process—20 minutes for pints and 30 minutes for quarts (at altitudes from 3000 - 6000 feet).

Written by:

*Georgia C. Lauritzen, Ph.D.
Food & Nutrition Specialist*



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