



APPLES

Eat 5 or more servings of fruits and vegetables every day!

FARMERS' MARKET SEASON

August to October

Some of the most common varieties of Wisconsin apples include: Cortland, Golden Delicious, Jonathon, McIntosh, Red Delicious, Rome Beauty and Wealthy.

BUYING TIPS

Apples should be firm and have skins that are smooth and bruise-free.

Do not buy apples:

- That are soft or mealy-fleshed
- That have tan or brown areas

Smaller apples are usually a better buy. A 2 ½" diameter apple is adequate for most uses.

STORAGE

Apples should be stored in a solid plastic bag in the refrigerator to slow the loss of crispness and flavor. Apple slices or sauce can also be frozen-contact your county Extension office for information.

PREPARATION

Wash apples carefully in cold water. Core or quarter and remove seeds. Slice into desired size. To prevent browning, sprinkle cut apples with lemon juice.

USES FOR SOME APPLE VARIETIES:

Cortland - Eating, sauce
Golden Delicious - Eating - Baking - Salad
Jonathon - Eating
McIntosh - Eating
Red Delicious - Eating - Salad
Rome Beauty - Baking
Wealthy - Sauce

KEY NUTRIENT

Fiber (with skin on) to prevent constipation.
Carbohydrate for energy.

RECIPES

Apple Bake

4 large apples, cut into small pieces
½ cup apple juice
½ cup water
½ tsp. Cinnamon
¼ tsp. Nutmeg
½ tsp. Vanilla

Combine juice, water and spices. Put apples in loaf pan; pour liquid over apples. Bake at 350 degrees for 45 minutes or microwave on high for 10-12 minutes. If microwaving, stir every 4 minutes.

Serves 4-6.

Baked Cinnamon Apples

Cut out stem and remove core and seeds from baking apples and cut a 1-inch strip of peel around the middle of each apple to prevent splitting. Place apples upright in ungreased baking dish. Place 1 tablespoon brown sugar and ½ teaspoon cinnamon in center of each apple. Pour water (1/4 inch deep) into baking dish. Bake uncovered in 375 degree oven until tender, about 30 minutes.

To Microwave:

Use a microwave safe dish. Prepare apples as directed except do not put water in the dish. Microwave uncovered until tender, about 6 to 8 minutes for 4 apples.

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