

Apples

Arkansas Fresh

History

The exact origin of the apple is not known, but it is believed to have come from the Caspian Sea area. Although apples have been used throughout time, those eaten by prehistoric man were much smaller and more tart than the cultivated apple we eat today. The first apples grown in this country were European varieties, brought over by the early American colonists. It was John Chapman, alias Johnny Appleseed, who spread apple seeds and created the first orchards in the East and Midwest.

Buying & Storage Tips

- Apples should be purchased when ripe for best flavor. Most ripened green varieties have a greenish-yellow background color.
- Choice apples are firm and free of bruises, skin breaks and decay spots. Soft apples have a mealy texture. Apples with discolored streaks or spots on their skin are safe to eat. Their flavor and texture are not compromised in any way.
- Choose an apple variety best suited for your purposes. Some varieties are better for baking, while others are better for eating from your hand.

Preparation Tips

- Apples are a very versatile fruit. They can be used in pies, muffins, cakes and salads or just eaten from your hand.
 - Peeled and/or cored apples brown quickly. To prevent this, dip apples in 1 quart of water with 3 tablespoons of bottled lemon juice or three crushed 500 mg vitamin C tablets or use a commercial ascorbic acid mixture such as FruitFresh®. The flavor will not be affected, and the flesh will retain its color for about 3 hours at room temperature.
 - For freezing and canning directions, call your local county extension office.
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- Approximately three medium-sized apples equal 1 pound. One pound of unpeeled apples yields about 3 cups of peeled, sliced or diced fruit.
 - Unrefrigerated ripened apples will retain their quality for about 1 week.
 - Unripe apples can be quickly ripened at home by storing them in a partly sealed bag at room temperature.
 - Ripened apples stored in the humidifier compartment of the refrigerator (35° to 40°F), in an unsealed plastic bag or in a film-wrapped tray, may retain their quality for 1 month.

1 medium apple (2 1/2 to 3 inch diameter)

Calories: 80

Carbohydrate: 21 g

Protein: 0.3 g

Fat: 0.5 g

Vitamin C: 8 mg

Potassium: 159 mg

Sodium: 1 mg

Fiber (apple with skin):
1.7-3.5 g



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A fresh apple contributes 5% to 10% of the Dietary Reference Intake (DRI) for vitamin C to the diet. However, cooking or removing the skin decreases the amount of vitamin retained.

Recipes

Sweet Potatoes and Apples

5 sweet potatoes
5 medium, firm baking apples
1/2 cup brown or granulated sugar
1 tablespoon butter or margarine
1/2 cup water

Cook sweet potatoes, then cool. Peel and slice into 3/4-inch slices. Peel, core and slice apples. Layer sweet potatoes and apples in a buttered 9- x 13-inch glass baking dish; dot top with butter or margarine and sprinkle with sugar. Add water, cover and bake at 375°F for 45 minutes. Uncover during last 15 minutes of baking. Serves 8.

Calories: 210 Fat: 2 g
Protein: 2 g Fiber: 5 g
Carbohydrate: 50 g Sodium: 30 mg
Cholesterol: 0 mg

Waldorf Salad

1 cup diced celery
1 cup diced apples
1 cup seedless grapes, cut in half
1/2 cup chopped pecans
1/3 cup reduced-fat mayonnaise
1/3 cup plain nonfat or low-fat yogurt
1/2 teaspoon sugar

Combine all ingredients. Mix well. Refrigerate until served. Makes 6 servings.

Calories: 140 Fat: 11 g
Protein: 2 g Fiber: 2 g
Carbohydrate: 10 g Sodium: 110 mg
Cholesterol: 5 mg

Dutch Apple Crumb Pie

1 unbaked 9-inch pie crust

Filling:

3 or 4 large baking apples, peeled and sliced
1/2 cup sugar
2 tablespoons flour
1 teaspoon cinnamon
1/4 teaspoon nutmeg

Topping:

1/2 cup sugar
1/2 cup flour
2 tablespoons butter or margarine, softened
1/2 cup chopped pecans

Place apples in unbaked pie crust. Sprinkle sugar, flour, nutmeg and cinnamon over apples. For topping, blend sugar, flour and butter until crumbly, then stir in pecans. Spread over filling. Bake at 350°F for 1 hour or until brown. Makes 10 servings.

Calories: 260 Fat: 10 g
Protein: 2 g Fiber: 2 g
Carbohydrate: 40 g Sodium: 113 mg
Cholesterol: 0 mg

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