

SIMPLY GOOD FOOD

Apples

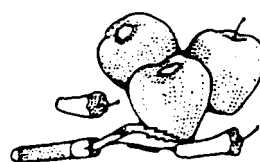
Nutrient Analysis - 1 medium apple:

80 Calories

5 grams Fiber

Varieties Available:

- | | |
|--------------|--------------------|
| - Crab Apple | - Golden Delicious |
| - Crispin | - Granny Smith |
| - Criterion | - Lady |
| - Empire | - McIntosh |
| - Fuji | - Red Delicious |
| - Gala | - Rome |
| - Bengal | - Custard |
| - Elephant | - Kel |
| - Malay | - Mammee |
| - Otahelie | - Star |
| - Sugar | |



*Best Season to
Buy Fresh:*

*October
November
December*

*For best quality use
within 3 weeks.*

APPLE: The apple, whose seeds were first brought to America by European settlers, is thought to have originated in Southwest Asia. Many believe it is the fruit mentioned in the Bible that was so irresistible to Eve. Its popularity and distribution throughout the nation has been attributed somewhat to folk hero Johnny Appleseed, mom's apple pie, and the rugged pioneers who settled this country. Washington state is the number-one producer of apples in the nation, followed by New York, Michigan, California, Virginia, Pennsylvania, North Carolina, and West Virginia. Although more than 7,500 varieties are grown, a total of 17 popular varieties account for about 90 percent of production. With the advent of controlled-atmosphere storage, apples are now available year-round. (1)



Apple Crumble

1/3 cup flour
1/2 cup nonfat dry milk powder
1/3 cup sugar
3 cups sliced apples
1 tsp cinnamon
1/4 tsp nutmeg
3 Tbsp margarine

Preheat oven to 350° F. In a bowl, mix flour, milk, sugar, cinnamon, and nutmeg. Blend in margarine with fork until mixture is crumbly. Spread apples evenly in 9-inch pie pan. Top with crumb mixture. Bake for 25 minutes or until apples are tender. Yield: 6-8 servings

Apples and Noodles

2 cups cooked noodles
2 apples, peeled and sliced
cinnamon
4 Tbsp brown sugar
4 Tbsp margarine

Preheat oven to 350°F and place half the noodles and apples in a buttered baking dish. Sprinkle with half of brown sugar and cinnamon. Dot with half of butter. Repeat. Cover and bake for 30 minutes. Stir well before serving. Yield: 4 servings



Apple Leather

3 cups applesauce
1/2 cup sugar
1/4 tsp nutmeg
Powdered sugar

Mix applesauce, nutmeg and sugar. Spread 1/2" thick in shallow pan and bake at 250°F for 3 hours. Remove when nearly dry and sprinkle lightly with powdered sugar. Roll jelly-roll style, slice thin and serve. Yield: 32 pieces

Honey Apple Rings

1/2 cup honey
2 Tbsp vinegar
1/4 tsp salt
1/4 tsp ground cinnamon
4 medium cooking apples, unpeeled, cored, and cut into 1/2" rings

Combine honey, vinegar, salt and cinnamon in a large skillet; bring to a boil. Add apple rings; reduce heat and simmer 8 to 10 minutes, turning apples once. Yield : 8 servings

Supporting State Extension Goal: Health, Safety and Well Being

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Source: (1) "A Produce Reference Guide to Fruits
and Vegetables from Around the World" by
Donald D. Heaton.;

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The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating.