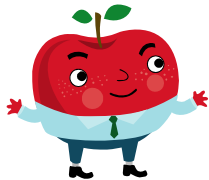




## An Apple A Day...



Right now, apples are in pretty good supply. Whether you buy locally grown apples or apples from the store, eating apples can add variety, color, and nutrition to your meals!

There are several varieties of apples available in many colors and flavors. You can choose apples that are tart for cooking or apples that are sweeter for eating out of hand. No matter what your preference, you can find an apple that is “just right” for your tastes.

The apples that ripen in late summer are not good “keeping” apples. They need to be eaten soon after ripening. Apples that ripen in the fall are better to keep for use into the winter. No matter what your choice of apple, you can’t go wrong because one medium-sized apple provides the following:



- \* About 20% of your fiber for the day
- \* Vitamins including C and beta carotene (if you eat the peel)
- \* Minerals including potassium
- \* Only about 80 calories and 21 grams of carbohydrate

Some apples crumble when cooked and those are best when used for applesauce. If the apple keeps its shape when cooked, it is good for baking whole.

When you buy apples, look for fruit with a smooth skin and few bruises. Bruising may indicate an apple that will not keep long. Choose those that are bright in color

To store apples, refrigerate them in a plastic bag or in the crisper drawer. Check the stored apples often – one bad apple can spoil the whole bag! When you cut a raw apple, it may turn dark. To prevent this, dip the pieces in a fruit juice like lemon, orange, grapefruit, or pineapple before combining with other ingredients.

### A few facts...

- It takes about 2 pounds of apples to make one 9-inch pie
  - Apples grow in all 50 states
  - It takes 4 to 5 years for an apple tree to produce fruit.
  - Apples are a member of the rose family.
- A bushel of apples weighs about 42 pounds – a peck



So which variety do you choose? Here are just a few of the varieties and what you can expect when you buy them. For more information, visit the University of Illinois Extension website at: <http://www.urbanext.uiuc.edu/apples>

**Golden Delicious** apples are firm and crisp and considered to be an “all-purpose” type apple. When truly ripe it has a yellow skin, is semi-firm, juicy, and sweet.

**Fuji** apples are one of my favorites. It has a sweet, crisp flesh and is a good apple to eat out of hand. Fuji’s also work well in cooked products and they store fairly well. The color of a Fuji apple ranges from deep red to a yellow-tinged red color.

**Gala** apples are another favorite of many. Use galas to eat from the hand, or in salads and baked products. Galas appear yellow-orange in color and seem to be striped.

**Granny Smith** apples are those that are bright green in color. They tend to be tart and are good when used in cooking or baking.



**Jonagold** apples are just as the name implies – a combination of Jonathan and Golden Delicious apples. They are an all-purpose apple with a sweet flavor and crisp flesh.

**Arkansas Black** apples are a very dark red. Both sweet and tart, this apple will store for longer periods of time.

## Apple Salad for Two

- 1 large apple, diced
- 2 tablespoons salad dressing or mayonnaise
- 1/3 cup seedless grapes, halved
- 2 tablespoons walnut pieces
- 1 teaspoon lemon juice

Combine all ingredients and mix well. Chill.

Nutritional analysis per serving: 154 calories, 18 grams carbohydrate, 2.5 grams fiber, 10 grams fat, 127 milligrams sodium, 160 milligrams potassium

To make a main dish salad, add 6 ounces grilled, diced chicken breast

*Nutritional analysis per serving with chicken: 254 calories, 19 grams protein, 2.5 grams fiber, 12 grams fat, 525 milligrams sodium, 160 milligrams potassium*

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