



Produce Spotlight on APPLES



Apples are the perfect storage crop, holding their texture and nutritional value. Apples are high in vitamin C, potassium, and fiber. Leave the peel on for fiber and antioxidants. Over 120 varieties of apples are grown in New England and harvested locally from mid-August through October. For an extensive list of varieties, visit <https://newenglandapples.org/apples>.

Serving Ideas

- Add chopped apples to oatmeal and top with cinnamon.
- Add thin apple slices to a sandwich.
- Dip apple slices in nut butter or low-fat vanilla yogurt.

Apple Math

One pound of apples =
3 medium apples, or 2¾ cups sliced,
or 1¾ cups applesauce



Shopping for Apples

When shopping, choose apples that are firm, shiny, smooth-skinned, and well colored, without bruises or soft spots. For a wide selection of apple varieties at a lower cost, visit a farmers' market or pick your own apples at local farms.

Common Types

- **Cortland** – Sweet-tart flavor; eaten fresh, baked, or cooked as a sauce. They are slow to brown after cutting, and slices can be frozen.
- **Golden Delicious** – Sweet flavor; often eaten fresh, baked, cooked as a sauce, or made into cider. They are slow to brown after cutting and slices can be frozen.
- **Honeycrisp** – Crisp, juicy; and sweet; excellent fresh, cooked, or frozen.
- **McIntosh** – Sweet-tart flavor; eaten fresh, cooked, or made into cider.
- **Red Delicious** – Crunchy texture, mildly sweet flavor, and eaten fresh. Not recommended for cooking or freezing.

Storage and Preparation

- Wash apples with cool water right before eating or preparing.
- Store at room temperature for up to seven days or refrigerate in a perforated plastic bag apart from strong odors for up to three months.
- For longer storage, freeze apple slices. Steam for 1½ to 2 minutes to prevent browning. Cool and drain. Place in a single layer on a baking sheet and freeze, 2 to 4 hours. When firm, transfer to a freezer bag, label, and date. For the best quality, use within 6 months. Thaw in the refrigerator. Prevent sliced apples from browning by sprinkling with fresh lemon juice or 100% orange juice.

Using Locally Grown Produce

Visit the UMass Extension Nutrition Education Program's [website](#) featuring recipes using fruits and vegetables. To locate places to buy local produce, visit www.mass.gov/massgrown.

