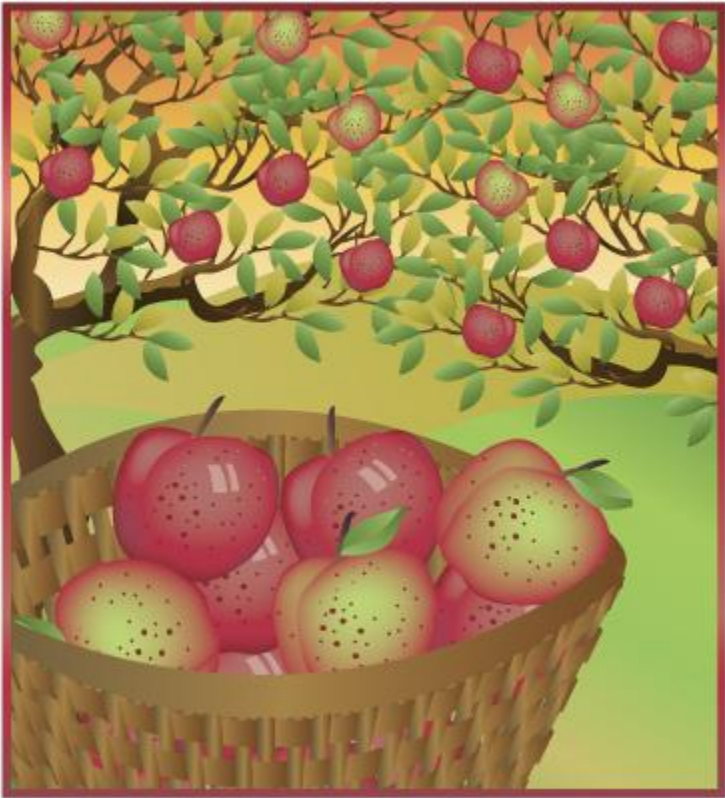


APPLE PICKING AND STORING TIPS
&
APPLE SNACK RECIPES



APPLE PICKING AND STORING

Select firm, bruise free apples. The color can be anything from dark green, to yellow, pink, orange, bright red, dark red, or even a combination. The color of an apple is not how you tell when an apple is ripe. Apples should be crisp and firm. If you leave the stems on an apple until you use or eat them they will keep longer.

Almost any type of apple will keep for three or four months, or even longer if stored properly. It is cheap and easy to do. All you need is newspaper, a box or basket, and apples.

TIME

Time can be stretched by selecting long-keeping varieties of apples for storage. The main causes of apple spoilage are time, bruises, and contact with a rotten spot on another apple.

CONTACT

Prevent contact between apples stored for the winter by wrapping them individually in sheets of newspaper. The easiest way to do this is to unfold a section of newspaper all the way and tear it into quarters. Then stack the quarters. Avoid sections printed with colored ink, which contains poisonous heavy metals.

Place an apple on top of the stack and fold the top sheet of paper up around the apple, wrapping it in paper. Give the corners a slight twist – just enough to make them stay wrapped. If you twist them too hard, the paper will tear. It is not necessary to exclude air. Just twist hard enough so the paper does not come unwrapped before the apples are boxed. The paper prevents contact between apples, so just one rotten one will not spoil the whole bunch.

SORTING

Always handle apples carefully, to avoid bruising them. Apples with even small bruises must never be stored with “keepers”. Only perfect apples should be used for long-term storage. Canned pie filling, applesauce, and cider will keep for a year.

STORAGE

Boxed apples need to be kept in a cool, dark spot where they won't freeze. Freezing ruptures all of an apple cells, turning it into one large bruise overnight.

The usual solution is to store apples in a root cellar. But root cellars often have potatoes in them, and experts say that apples and potatoes should never be stored in the same room. As potatoes age, they release a harmless gas that makes apples spoil faster. If you do not have a root cellar, you can store your apples the same way just in a cool place, like a garage, unheated basement, or unheated porch.

INTERESTING FACTS ABOUT APPLES

- Apples are a member of the rose family.
- Apples are fat, sodium, and cholesterol free.
- Archeologists have found evidence that humans have been enjoying apples since at least 6500 BC.
- It takes four to five years before the apple tree produces its first fruit.
- Throughout the world there are 7,500 varieties of apples.
- The average person eats 65 apples a year.
- Apple trees have a life of over 100 years.
- During the colonization of Native Americans by Europeans, apples were called “winter banana” or “melt-in-the-mouth”.



APPLE RECIPES

Apple Sandwiches

1-2 apples cut into rings
Nut or seed butter (peanut butter works fine)
Dark chocolate chips
Home-made granola (or store bought)

Spread nut or seed butter on one apple ring and place chocolate chips on top of butter. Sprinkle with granola and top with a second apple ring to make a sandwich.



Cinnamon Apple Chips

2 apples
Cinnamon

Remove the apple core, and thinly slice the apples. Line a cookie sheet with parchment paper and place apple slices on it. Sprinkle with cinnamon. Bake at 275degrees for 2 hours, at the end of the first hour flip the apple slices so they bake evenly.

Note* After the hour marker, check on them every 30 minutes, when they look nice and crispy take them out of the oven.



APPLE PICKING AND STORING QUIZ

True or False

1. When picking apples you should select firm bruise free apples. T / F
2. The color of an apple is how you tell if it is ripe. T / F
3. The paper between apples is to keep them warm. T / F
4. If you leave the stems on an apple it will keep longer. T / F
5. Canned pie filling, applesauce, and cider will keep for 5 years. T / F
6. Freezing is great for the apples taste. T / F
7. If you do not have a root cellar, you can store your apples they same way just in a cool place. T / F
8. Please tell us your favorite apple recipe!

APPLE PICKING AND STORING ANSWERS

1. T
2. F – Apples should be firm and crisp.
3. F – it is to keep one rotten apple from spoiling the rest.
4. T
5. F – They will keep for a year.
6. F – Freezing ruptures all the cells in the apple and it will turn into one big bruise overnight.
7. T

Sources

<http://www.backwoodshome.com/articles/fallick41.html>

<http://www.applefest.reach.net/facts.html>