

## All About Apples

### Seasonal Crop Growth



Adapted from Washington State Harvest Calendar  
([www.pickyourown.org/WAharvestcalendar.htm](http://www.pickyourown.org/WAharvestcalendar.htm))

### Nutrient Power Pack

Apples contain key nutrients that benefit your health.  
½ cup provides the following Daily Value (%DV).

**Vitamin A** ▶ 2–9 %

10–19 %

◀ **Vitamin C**

**Folate** ▶ Less than 2 %

2–9 %

◀ **Potassium**

**Calcium** ▶ Less than 2 %

Less than 2 %

◀ **Iron**

**Fiber** ▶ 10–19 %

2–9 %

◀ **Vitamin K**

ESHA Food Processor 11.2.23; database V 11.2.0 (2016);  
FDA Guidance for Industry Food Labeling Guide (2013)

### Did You Know?

- \* Apples are a great **low-calorie** snack that are **naturally fat- and sodium-free**.
- \* Apples are a good source of **fiber**, which helps keep you regular, controls blood sugar and lowers cholesterol, and **vitamin C**, which supports healthy gums, skin and blood.
- \* **Eat the peel** to get the most from this nutritional powerhouse! The **phytochemicals** that give color to the peel promote overall health.

Distributed by

More brochures to help you add fruits and vegetables to your diet are available at [wasnap-ed.org/FFF](http://wasnap-ed.org/FFF).



## SNAP-Ed

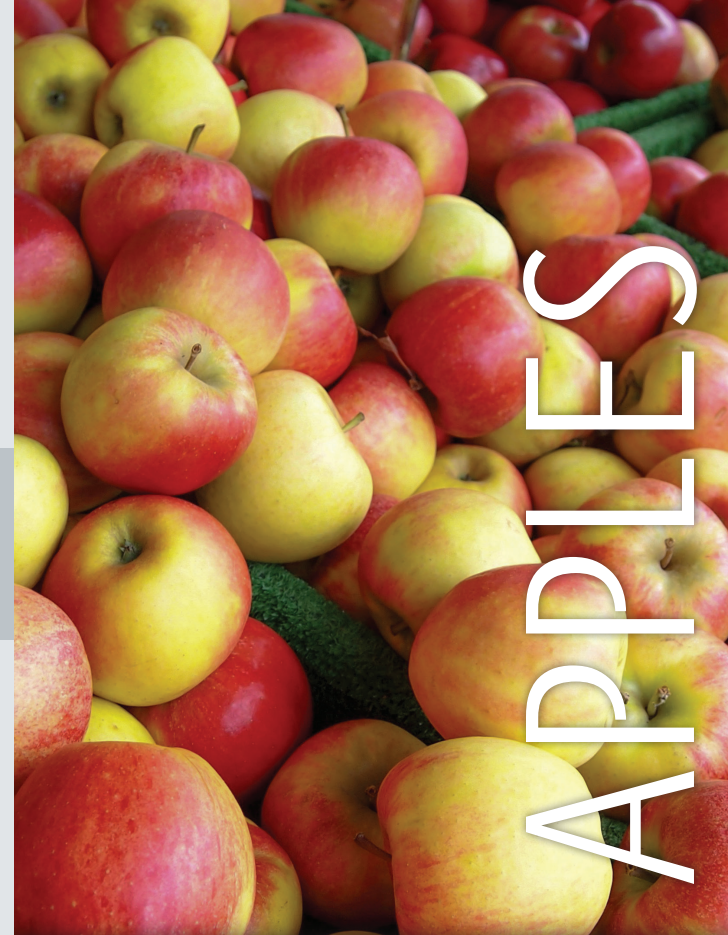
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EXTENSION

Adapted from the WIC and Senior Farmers Market Nutrition Program *Fresh from the Farm* series (2004) by Washington State University's SNAP-Ed Nutrition Education Program. Design by Andrew Mack.

USDA is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, visit <http://foodhelp.wa.gov> or contact the Basic Food Program at 1-877-501-2233.

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Rev. March 26, 2018





## Selecting and Preparing Apples

- ☞ Choose apples that are firm and are free from visible blemishes, soft spots or wrinkled skin.
- ☞ Fuji, Gala and Honeycrisp apples are best eaten fresh and raw. Most other varieties of apples are good for freezing, baking and cooking.
- ☞ Store apples away from other fruits and root vegetables. They interact in a way that will cause early ripening or spoilage.
- ☞ Apples will keep much longer when stored in the refrigerator—usually three weeks or more.
- ☞ One pound of apples yields about 3 cups of apple slices.
- ☞ Wash apples well and eat them plain, or slice them onto cereal and yogurt. For a delicious breakfast, add a diced apple when cooking your oatmeal!

## Apple Bird Salad

**Makes 8 servings**

- 1 ½ cups cooked turkey or chicken, diced
  - ½ cup nuts, toasted and chopped
  - ¾ cup celery, chopped
  - ¼ cup diced red or yellow onion
  - 1 small carrot, peeled and grated
  - 1 red apple, cored and chopped
  - ⅓ cup low-fat mayonnaise
  - 1 tablespoon vinegar
- 1 Mix turkey, nuts, raisins, celery, onions, carrot and apple in a large bowl.
  - 2 In a small bowl, combine mayonnaise and vinegar; mix well.
  - 3 Toss meat mixture with dressing and chill.
  - 4 For an exciting twist, add ½ cup of raisins or dried fruit and ¼ cup of chopped parsley. Serve cold with lettuce and tomato wedges, or use as sandwich filling.

*NOTE: Refrigerate leftovers within 2 hours.*

*Adapted from [www.foodhero.org](http://www.foodhero.org)*

## Apple Muffins

**Makes 12 servings**

- 1 cup all-purpose flour
  - 1 cup whole wheat flour
  - ¼ cup sugar
  - 1 tablespoon baking powder
  - ½ teaspoon salt
  - ⅛ teaspoon ground allspice
  - 1 cup milk
  - ¼ cup oil
  - 1 egg, beaten
  - 1 cup finely chopped apple
- 1 Pre-heat oven to 400°F.
  - 2 Combine flour, sugar, baking powder, salt and allspice.
  - 3 Add milk, oil and egg; stir only until mixed.
  - 4 Fold in apples.
  - 5 Fill 12 greased muffin cups until almost full.
  - 6 Bake 30 minutes, or until a toothpick inserted into the center of a muffin comes out clean.

*NOTE: Extra muffins freeze well. Wrap, label and date them to maintain freshness. Muffins are best if eaten within 2 months.*

## Easy Microwave Applesauce

**Makes 7 servings**

- 6 apples, peeled, cored and quartered
  - ¼ cup water
  - ⅓ cup sugar
  - ¼ teaspoon cinnamon
- 1 Place apples and water in a 2-quart microwave-safe dish.
  - 2 Cover with a microwave-safe lid. Cook on HIGH for 6 to 8 minutes, or until apples are easily pierced with a fork.
  - 3 Add sugar and cinnamon. Use a potato masher or a fork to crush apples into smooth or chunky applesauce.

*Adapted from [www.foodhero.org](http://www.foodhero.org)*