

# APPLES



Apples are in season from August through October.

## Tips for selecting apples

Some of the most common varieties of Wisconsin apples include Cortland, Golden Delicious, Jonathan, McIntosh, Red Delicious, Rome Beauty, and Wealthy. Apples should be firm and have skins that are smooth and free of bruises. Smaller apples are often available in bulk. An apple that is 2½ inches in diameter is adequate for most uses. Do not pick apples that are soft or mealy-fleshed or that have tan or brown areas. Do not eat apples off the ground.

## Storage

Apples should be stored in a solid plastic bag in the refrigerator to slow the loss of crispness and flavor. Apple slices and applesauce can be frozen—contact your county Extension office ([counties.extension.wisc.edu](http://counties.extension.wisc.edu)) for information.

## Preparation

Wash apples carefully in cold water. Core or quarter the apple and remove seeds. Slice into desired size. To prevent browning, sprinkle cut apples with lemon juice.

## Key nutrients

- Carbohydrates for energy
- Fiber to prevent constipation

## Uses for popular apple varieties

Cortland—Eating, applesauce  
Golden Delicious—Eating, baking, salad  
Jonathan—Eating  
Red Delicious—Eating, salad  
Rome Beauty—Baking  
McIntosh—Eating  
Wealthy—Applesauce

## Recipes

### Apple bake

2 large apples, cut into small pieces  
¼ cup apple juice  
¼ cup water  
¼ teaspoon ground cinnamon  
Dash of ground nutmeg  
¼ teaspoon vanilla extract

Combine juice, water, and spices. Put apples in a loaf pan and pour liquid over apples. Bake at 350°F for 35 to 45 minutes or microwave on high for 6 to 8 minutes. If microwaving, stir every 3 minutes. Serves 2; 140 Cal; less than 1 g fat.

### Baked cinnamon apples

Cut out stem and remove core and seeds from baking apples and cut a 1-inch strip of peel around the middle of each apple to prevent splitting. Place apples upright in ungreased baking dish. Place 1 tablespoon brown sugar and ½ teaspoon cinnamon in the center of each apple. Pour water into baking dish until ¼-inch deep. Bake uncovered in 375°F oven until tender, about 30 minutes. To microwave: Use a microwave safe dish. Prepare apples as directed except do not put water in the dish. Microwave uncovered until tender, about 6 to 8 minutes for 4 apples; 120 Cal each.



Extension

UNIVERSITY OF WISCONSIN-MADISON

Copyright © 2019 by the Board of Regents of the University of Wisconsin System doing business as the University of Wisconsin-Madison Division of Extension. All rights reserved. Brought to you by Sherry Tanumihardjo and Jennifer Keeley. An EEO/AA employer, the University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, and ADA requirements. This publication is available from your Wisconsin county Extension office ([counties.extension.wisc.edu](http://counties.extension.wisc.edu)) or from Extension Publishing ([learningstore.extension.wisc.edu](http://learningstore.extension.wisc.edu)).

Healthy Seasonal Produce: Apples (B4166-01)

R-03-2019