Apples

Apples are fruit that grow on trees. There are several varieties of apples including honeycrisp, granny smith, gala, fuji, pink lady, and more.

Why Should I Eat This?
Apples are a good source of potassium, which helps with muscle movements and keeps your heart healthy. They also contain vitamin C, which helps heal cuts and wounds. Apple skins are a good source of fiber which helps with digestion.

Proper Storage
Store apples at room temperature in the pantry or cupboard for up to three weeks or in the refrigerator for up to six weeks.

Make a Good Selection
Choose firm, shiny, and smooth-skinned apples. Avoid apples with shriveled skins, bruises, or worm holes. Scarring in the skin of the apple is fine.

How Could I Use This?
- Make applesauce
- Dip sliced apples in peanut butter or another nut butter as a snack
- Add to a Thanksgiving stuffing
- Add to fruit salsa
- Make an apple chutney to top a pork chop or chicken
- Add to a smoothie
- Add to a fruit salad
- Add chopped apples to a salad with greens
- Make a pie
- Make an apple crisp
- Make cinnamon apple muffins

What is the Seasonal Availability of This Item?

<table>
<thead>
<tr>
<th>JAN</th>
<th>FEB</th>
<th>MAR</th>
<th>APR</th>
<th>MAY</th>
<th>JUN</th>
<th>JUL</th>
<th>AUG</th>
<th>SEP</th>
<th>OCT</th>
<th>NOV</th>
<th>DEC</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>✔️</td>
<td>✔️</td>
<td>✔️</td>
<td>✔️</td>
<td>✔️</td>
<td>✔️</td>
</tr>
<tr>
<td>HARVEST</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

This material was funded in part by USDA’s Supplemental Nutrition Assistance Program – SNAP and Expanded Food & Nutrition Education Program (EFNEP). This institution is an equal opportunity provider.

The University of Nebraska does not discriminate based upon any protected status. Please see go.unl.edu/nondiscrimination. Copyright ©2023