

# Apples

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



## HOW DO I MAKE A GOOD SELECTION?

Choose firm, shiny, and smooth-skinned apples. Avoid apples with shriveled skins, bruises, worm holes. Scarring on the skin of the apple is fine.

## WHAT IS THE PROPER STORAGE?

Room temperature such as in a pantry or in a cupboard (50 to 70°F) for 3 weeks. In the refrigerator at 40°F or below for 4-6 weeks.

## 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.

## 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 apples to a fruit salad
- Add chopped apples to a salad with greens
- Make a pie
- Make an apple crisp
- Make cinnamon apple muffins



### DID YOU KNOW?

Apples are grown in all 50 states, but are commercially grown in 36 states.

# WHAT IS THE SEASONAL AVAILABILITY OF THIS ITEM?

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
<b>HARVEST</b> 							×	×	×	×	×	
<b>MARKET</b> 							×	×	×	×	×	

Sources: Nebraska Buy Fresh Buy Local and SNAP-Ed Connection



Photo Credit: Georgia Jones

## RECIPE:

### Carrot and Apple Salad

4 Servings

#### Ingredients:

- 2 carrots, scrubbed with clean vegetable brush under running water
- 1 tart apple, such as Granny Smith, scrubbed with clean vegetable brush under running water
- 2 T. honey
- 2 T. extra virgin olive oil
- 2 T. apple cider vinegar
- ½ tsp. salt

#### Directions:

1. Wash hands with soap and water.
2. Peel the carrots. Cut into ¼-inch thick slices. Set aside.
3. Cut apple and remove the core. Cut into fourths. Cut crosswise into ¼-inch thick slices.
4. Blanch the carrots. Bring a medium saucepan, half full of water to a boil. Add carrots and blanch for about 2 minutes. Drain. Add cold water to stop the cooking process. Drain and pat dry.
5. Add carrots and apple to dressing. Stir to combine.
6. Dressing: In a large bowl, combine honey, olive oil, vinegar and salt.

#### Nutrition Info:

<b>Nutrition Facts</b>	
servings per container	
<b>Serving size</b>	<b>1/2 cup</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>130</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 7g	<b>9%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 310mg	<b>13%</b>
<b>Total Carbohydrate</b> 18g	<b>7%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 15g	
Includes 9g Added Sugars	<b>18%</b>
<b>Protein</b> 1g	
Vitamin D 0mcg	<b>0%</b>
Calcium 13mg	<b>2%</b>
Iron 0mg	<b>0%</b>
Potassium 61mg	<b>2%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe Credit: Nebraska Extension Nutrition Education Program