

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.

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.

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.

WHAT IS THE SEASONAL AVAILABILITY OF THIS ITEM?

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
HARVEST 							X	X	X	X	X	
MARKET 							X	X	X	X	X	

Source(s): Nebraska Buy Fresh Buy Local and SNAP-Ed Connection

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