

Apples

Nebraska Seasonal Produce Guide

Apples are a fruit that grows on trees. There are several varieties of apples, including Honeycrisp, Granny Smith, Gala, Fuji, Pink Lady, and more.



EXTENSION
Health & Wellbeing

Why Should I Eat This?

Apples are a good source of potassium, which helps with muscle movement 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

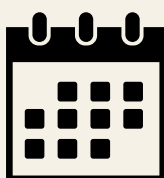
Store apples at room temperature in the pantry or cupboard for up to three weeks or in the refrigerator for up to six weeks.

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
- Make an apple chutney to top a pork chop or chicken
- Add to a smoothie
- Add to a fruit salad or fruit salsa
- Add chopped apples to a salad with greens
- Make a pie, apple crisp, or cinnamon apple muffins



Seasonal Availability in Nebraska

Harvest Season: July through November

Market Availability: July through November



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