

APPLES



HOW DO THEY TASTE?

All apples are crunchy and juicy. Some green apples can be sour while red apples are sweet.

HOW DO I PICK THEM?

Choose apples that are firm and do not have any bruises.

HOW DO I STORE THEM?

Apples can be kept in the crisper drawer in the refrigerator for up to 2 months or in a fruit bowl on the counter for about 1 week.

HOW DO I PREPARE THEM?

Wash under cold water and enjoy whole or sliced. Apples are delicious baked in the oven, mashed into applesauce, or added to baked goods.



<i>Local Rhode Island Apple:</i>	<i>How to Prepare it:</i>
<i>Macintosh</i>	<i>Fresh eating and applesauce</i>
<i>Cortland</i>	<i>Pies and applesauce</i>
<i>Gala</i>	<i>Fresh eating and applesauce</i>
<i>Honeycrisp</i>	<i>Fresh eating, pies, and baking</i>
<i>Macoun</i>	<i>Fresh eating, pies, and applesauce</i>



APPLESAUCE

Ingredients:

- 4 apples, peeled, cored, and chopped
- 1 tablespoon lemon juice
- 3/4 cup water
- 1 1/2 teaspoons cinnamon

Directions:

1. Wash and peel the apples. Cut into large pieces. Mix with lemon juice.
2. Place the apples, water, and cinnamon into a large pot. Bring to a boil. Reduce heat to simmer, cover, and simmer for 15 minutes. Remove the cover and cook 5 minutes more.
3. Remove pot from heat. Mash the apples with a fork or potato masher.
4. Serve hot, refrigerate and serve cold, or freeze. Keep in refrigerator for up to 5 days.

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KITCHEN TIP!

Sprinkle apple slices with water or lemon juice to prevent browning.