January

Produce of the Month

Apples

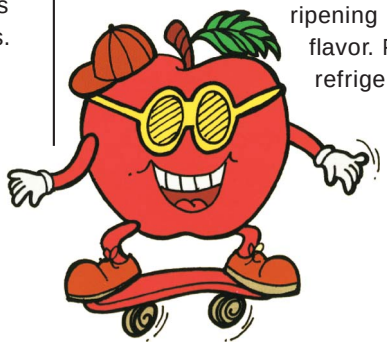
Welcome!

Apples are the most varied food on the planet, with more apple varieties on record than for any other food. The list of apple varieties topped 7,500 the last time someone counted, including more than 2,500 varieties grown here in the United States. Each apple variety has its own unique flavor, and best uses.

Selection and Handling Tips

To maximize your apple-eating experience, follow these simple tips for selecting, handling, storing and preparing apples

- Select apples that are bruise-free, and handle them gently to prevent bruising.
- Select apples that are firm to the touch, for the best flavor and crunchiness.
- Store apples in the refrigerator to slow ripening and maintain flavor. Properly refrigerated apples can have a shelf life of 90 days or more.
- Store apples away from strong-smelling foods, to prevent them from absorbing unpleasant odors.
- Wash individually-sold apples in cool water before serving.
- Coat apple slices and dices in vitamin C fortified 100% apple juice or in a mixture of one part lemon juice to three parts water to retard browning.



Apple History

- Apples have existed for the length of recorded history, believed to have originated in the Caucasus, a mountainous area between what is now the Black and Caspian Seas.
- Apples' fortunes waxed and waned throughout history. Cultivation and enjoyment of apples was an essential part of civilized life during the Persian Empire, grown as much for their aesthetic pleasures as for good food. The Greeks acquired the Persian affinity for apples when they assumed dominance in the third century B.C. Later the food customs and horticultural skills acquired from the Persians and Greeks migrated with the epicurean Romans westward into Europe, rising to the level of both art and science.
- European settlers of the Americas brought with them their English customs and favorite fruits, much favored over the native crab apple.
- The Lady apple, a variety still grown today, is believed to be one of the oldest varieties on record, documented as far back as the first century A.D.
- The story that Newton discovered the law of gravity after watching an apple fall from a tree is probably backwards, thought to evolve from his having used the apple's fall to illustrate the pull of gravity.

Apples in America

• Only sour crab apple trees were native to America, until European settlers arrived and brought with them their English customs and favorite fruits. Native Americans appropriated what they liked, cultivating apples extensively.

• Americans' fondness for seedling orchards – that is, orchards grown from seeds rather than propogation by grafting – resulted in many hundreds of new varieties more suited to the native environment. By the turn of the nineteenth century, most varieties offered by professional nurseries were native to America. Professional nurseryman Andrew Jackson Downing recorded 600 varieties in his tome published in 1859.

• The first American orchard was planted around 1625 by William Blackstone on Boston's Beacon Hill. The first governor of Massachusetts Bay Colony, William Endicott, was a distinguished orchardist. Endicott's account book noted his children had set fire to part of his operation, destroying 500 trees, a very considerable operation at that time in history. Well-known American apple orchardists include George Washington and Thomas Jefferson.

• The first American to orbit the Earth, astronaut John Glenn, carried pureed applesauce in squeezable tubes on his initial space flight. Ham with applesauce was served to Gemini astronauts.

U.S. APPLE ASSOCIATION

For Your Health!

Apple Nutrition Facts

Apples are:
- fat free;
- saturated fat free;
- sodium free;
- cholesterol free; and
- an excellent source of fiber.

What the Nutrition Facts label *doesn't* tell you:
- Apples are a healthy source of antioxidants, which help maintain normal cell function by protecting against free radical damage.
- Apples help maintain a healthy weight, providing just 80 calories per serving.
- Apples do have lots of fiber---both soluble and insoluble kinds. Fiber helps promote heart health and maintain regularity.
- Apples contain natural fruit sugars, mostly in the form of fructose.

Fresh Apples:

Nutrition Facts

Serving Size	1 medium apple (154g/5.5 oz.)
Amount per Serving	
Calories 80	Calories from Fat 0
	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Cholesterol 0mg	**0%**
Sodium 0mg	**0%**
Potassium 170mg	**5%**
Total Carbohydrate 22g	**7%**
Dietary Fiber 5g	**20%**
Sugars 16g	
Protein 0g	
Vitamin A 2% •	Vitamin C 8%
Calcium 0% •	Iron 2%

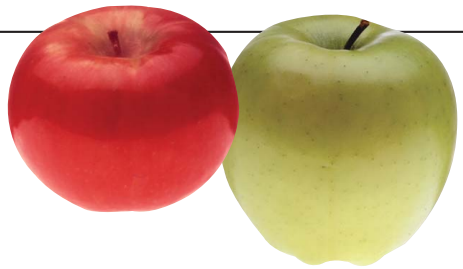
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary fiber		25g	30g

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

Did You Know?

• About 2,500 known varieties of apples are grown in the United States. More than 7,500 are grown worldwide.



• Nearly 100 varieties are grown commercially in the United States, but a total of 15 popular varieties account for over 90 percent of production:

1. Red Delicious
2. Golden Delicious
3. Gala
4. Granny Smith
5. Fuji
6. McIntosh
7. Rome
8. Idared
9. Jonathan
10. Empire
11. York
12. Cortland
13. Northern Spy
14. Rhode Island Greening
15. Stayman

Up-and-coming "new" varieties include Braeburn, Cameo®, Fuji, Gala, Ginger Gold, HoneyCrisp and Pink Lady®.

• Apples are grown in every state in the continental United States, and are grown commercially in 36 states. Top-producing states include Washington, New York, Michigan, California, Pennsylvania and Virginia.

For More Information

The U.S. Apple Association (USApple) is the national trade association representing all segments of the apple industry. Members include state and regional apple associations representing the 7,500 apple growers throughout the country, as well as more than 400 individual firms involved in the apple business. USApple's mission is to provide the means for all segments of the U.S. apple industry to join in appropriate collective efforts to profitably produce and market apples and apple products.

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U.S. APPLE ASSOCIATION

A Tasty Treat To Try At Home

Apple Tortellini Salad

For pasta salad lovers, this one is hard to beat. Healthful, low in fat, and high in fiber, this recipe has lots of flavor, texture, and color. It makes a wonderful addition to a party buffet or a tasty lunch for school or work.

MAKES 6 TO 8 SERVINGS

Dressing:
3 T frozen apple juice concentrate, thawed
3 T light corn syrup
2 tsp brown sugar
1 tsp apple cider vinegar
1/8 tsp garlic salt
Ground white pepper, to taste

Salad:
1 package (9 ounces) refrigerated or frozen cheese-filled tortellini
3 medium sweet-tart apples, cored and sliced (about 2 cups)
2 C shredded salad greens
1 C sliced fresh strawberries
1/2 C thinly sliced celery
1/2 C sliced scallions
2 T toasted pine nuts (optional)

FOR DRESSING, combine apple juice concentrate, corn syrup, brown sugar, vinegar, garlic salt, and pepper in a screw-top jar; shake well and refrigerate.

FOR SALAD, cook tortellini according to package directions. Drain, and cool by rinsing pasta under cold water. Shake gently to drain thoroughly.

In a large mixing bowl, combine tortellini, apples, salad greens, strawberries, celery, and scallions. Toss salad gently with chilled dressing. Sprinkle with pine nuts, if desired, and serve.

Approximate Nutritional Analysis (per serving, including pine nuts): Calories 191 / Protein 4g / Carbohydrate 35g / Dietary Fiber 4g / Fat 5g Cholesterol 36mg / Sodium 73mg