



# Kitchen Tips for Apples

MO Grown Produce

<b>In Season in Missouri:</b>	September - November
<b>Quality:</b>	Choose apples that are firm with no soft spots or wrinkled skin. They should produce a “snap” sound when cut with a knife or bitten.
<b>Storage:</b>	Store in refrigerator up to 20 days or at room temperature for up to 7 days.
<b>Food Safety:</b>	Wash under cold running water prior to serving. Seal, date and refrigerate cut apples immediately and use the following day.
<b>Yield:</b>	For 50, ¼ cup servings, you need 3.5 pounds of whole fresh apples.
<b>Preparation Tips:</b>	Dip or coat sliced apples with an acidic solution of 1 part lemon juice to 3 parts water to prevent browning.
<b>Kid-Friendly Serving Ideas:</b>	<ul style="list-style-type: none"> <li>• Slice and serve with cinnamon, chopped nuts, cheese slices, peanut butter or with dips like yogurt, cheese sauce or ranch dressing.</li> <li>• Allow children to construct their own “Apple Parfait” using a variety of local apples, granola, cranberries and vanilla yogurt.</li> <li>• Add chopped apples to a tuna or chicken salad.</li> <li>• Set up an “Apple Market” with different varieties of apples for tasting.</li> </ul>
<b>Nutrition:</b>	Apples come in great varieties of sweetness and textures! They are high in vitamin C, potassium and fiber, which help fight against heart disease and cancer, maintain healthy blood pressure and keep you regular.

### Fun Fact # 1:

More than 2,500 varieties of apples are grown in the United States. That means if you ate an apple a day it would take you nearly seven years to eat each kind.

### Fun Fact #3:

Two-thirds of the fiber and lots of the antioxidants in apples are found in the peel.

### Fun Fact #2:

It takes about 36 apples to make one gallon of apple cider.

