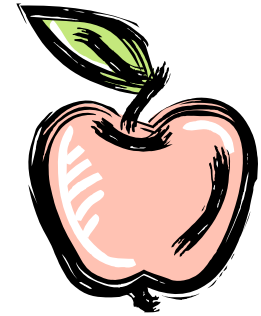


## Apples in Appealing Ways Member Handout



**History:** Apples are very old and are mentioned in the Bible and in the history of ancient nations. The Egyptians and Romans introduced apples to Britain. Early Americans brought apple seeds from Europe and planted trees in Massachusetts and Virginia. John Chapman became known as Johnny Applesseed because he planted apple seeds wherever he went.

Apples were introduced into the Pacific Northwest by Captain Aemilius Simmons, who planted apple seeds at Fort Vancouver in the state of Washington. When covered wagons traveled over the Oregon Trail westward, they carried apple trees and "scion wood" for grafting as part of their cargo. Often the family orchard was planted before the ground was broken for their log cabin.

Josiah Red Wolf, a Nez Perce leader and last survivor of the Nez Perce War, planted apple trees at Alpowa Creek near the Snake River in southeast Washington.

In 1847, Henderson Lewelling came to Oregon in a covered wagon with his wife, children and 350 fruit trees that survived the journey. He went into partnership with William Meek, who arrived with a bag of apple seeds and founded a nursery. By 1850, their first crop produced 100 apples. It was the time of the Gold Rush in California, and prospectors were so hungry for fresh fruit that they sold them for \$5 each. They used the money to build more orchards.

In 1908 Sydney Babson traveled around Oregon seeking "just the right spot" to start his apple orchard. He believed that when his eyes beheld just the right location for his orchard, he would receive "a sign from God." Emerging from his tent one morning, he looked towards the beauty of Mt Hood. Sydney took this as the sign and began to plant his apple orchard. Sydney devoted his life with single-minded purpose to these orchards for over 60 years. In 1960 he was named "Orchardist of the Year." Today, the Hood River Valley produces approximately 15% of the apples grown in Oregon.

**Health Benefits:** MyPyramid, the U.S. Department of Agriculture's new food guide, recommends including 2 cups of fruit if you need 2,000 calories a day to maintain your weight. A woman age 70 who gets less than 30 minutes of physical activity a day needs fewer calories, so should eat 1½ cups of fruit each day. The goal is to choose a variety of fruits, including fresh, canned, frozen or dried fruits. Try to limit fruit juices because they are higher in sugar and lower in fiber.

Apples are a good fruit choice. They're easy to carry for snacking and low in calories. An apples (or other fruit) the size of a tennis ball is approximately ½ cup.

Apples provide soluble fiber which helps prevent cholesterol buildup in the lining of the blood vessel walls, thus reducing the incidence of atherosclerosis and heart disease. The insoluble fiber in apples provides bulk, helping food move quickly through the digestive system. Just one

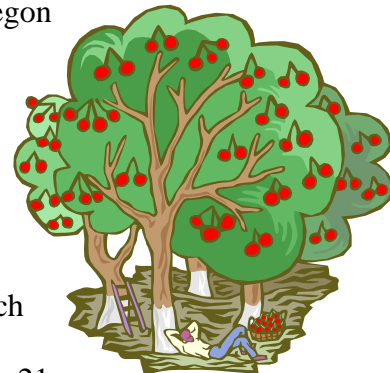
medium apple provides 5 grams of fiber, or as much dietary fiber as a serving of bran cereal, or one-fifth of the recommended daily intake of fiber.

Apples contain flavonoids, a type of phytonutrient that may help prevent chronic illnesses. Apples appear to promote heart, lung, colon, liver and prostate health. Scientists believe antioxidants found in apples (and other fruits and vegetables) may ward off disease by countering oxygen's damaging effects on the body. In apples, the antioxidants are concentrated in the skin, so don't peel before eating.

Although researchers stress that even though some studies have been conducted in the laboratory rather than in clinical trials with humans, they have no hesitation in recommending apples as part of a healthy diet rich in a variety of fresh fruits and vegetables and whole grains. Research findings reinforce that there are more health benefits from whole foods, than in dietary supplements which do not contain the same array of balanced complex components.

**Apple Production:** The U.S. Apple Commission reports that 200 million cartons of apples are harvested around the country and that more than 36 states produce apples. China is the apple producing leader, followed by the United States, Turkey, France, Italy, South Africa and Chile.

Washington State is the largest apple producer in the United States with almost 6 billion pounds produced in 2004, or 60% of the apples produced nationwide. By comparison, Oregon produced only 166 million pounds in 2004. The major apple producing areas in Oregon include the Willamette Valley and along the Columbia Gorge. Umatilla County produced approximately half the apples in Oregon, followed by Hood River County which produced about 15% of Oregon's apples. The Willamette Valley counties combined produced about the same amount of apples as Hood River County by itself. Almost all of Oregon's apples were sold fresh.



Almost one-half of the US apple crop is processed into apple products, such as apple juice, applesauce, apple pie filling and canned apple slices. On average, Americans eat about 19 pounds of fresh apples a year and another 21 pound for pie, sauce, juice, and other cooked or preserved apples. This totals about one 40-pound box per year (one bushel). Research indicates that 98% of all consumers are apple eaters and 32% of them purchase apples on a weekly basis.

**Apple varieties:** There are more than 7,500 different varieties grown in the world, with over 2,500 known varieties grown in the United States. In the U.S., the most popular varieties continue to be the Red Delicious, Golden Delicious and Granny Smith. Fuji, Gala, Braeburn, Jonagold, Cameo and Pink Lady are all growing in popularity.

**Selection and Storage:** When selecting apples, press your finger against them to check for firmness. Choose apples that feel hard and don't dent.

Store apples in a covered container in the refrigerator to maintain crispness. Apples stored in the refrigerator keep for about 6 weeks. When no refrigerator space is available, keep apples in as cool a place as possible and line the basket with aluminum foil or plastic to prevent moisture loss. Keep out of direct sunlight.

Apples easily absorb flavors and odors from other fruits and vegetables, so store them away from other fruits and vegetables. Apples also release a gas (ethylene) that causes green vegetables and leafy greens to ripen (and spoil) more quickly.

To minimize browning, dip apples in ascorbic acid solution. The U.S. Apple Association recommends dipping the cut apples in a solution of half lemon juice and half water.

### **New Ways to Include Apples in the Diet:**

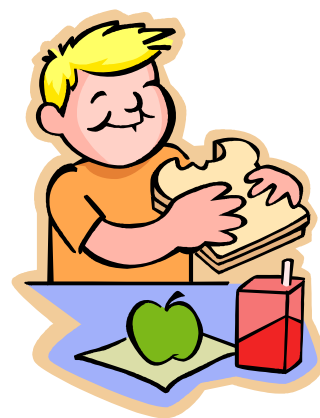
*"I know the look of an apple that is roasting and sizzling on the hearth on a winter's evening, and I know the comfort that comes of eating it hot, along with some sugar and a drench of cream... I know how the nuts taken in conjunction with winter apples, cider, and doughnuts, make old people's tales and old jokes sound fresh and crisp and enchanting."*  
Mark Twain

#### **Breakfast:**

- Add sliced apples to low fat yogurt or dip apple wedges.
- Mix shredded or diced apples into pancake or waffle batter.
- Top pancakes or waffles with applesauce.
- Add shredded apples to low fat muffin batter.

#### **Lunch:**

- Layer sliced apple in a deli-style sandwich.
- Add shredded apple to peanut butter or grilled cheese sandwich.
- Add chopped apples to chicken, tuna, pasta or potato salad.
- Add shredded apples to coleslaw.



#### **Dinner:**

- Top pizza with apple slices.
- Add grated apple to meatloaf or meatballs.
- Stir chopped apple and raisins into rice pilaf.
- Use apple slices in mixed green or spinach salad.
- Sauté sliced apples and shredded cabbage in apple cider.
- Add apple chunks to root vegetables and bake.

**Picking, Storing and Preserving Apples:** For information on freezing, canning or drying apples request the following publications from your county Extension office:

SP 50-446	Preserving Apples
SP 50-455	Preserving Fruit Juices and Apple Cider
SP 50-616	Fruit Pie Fillings
PNW 397	Drying Fruits and Vegetables (\$1.50)
PNW 199	Canning Fruits (\$1.00)
PNW 214	Freezing Fruits and Vegetables (\$1.00)
FS 147	Picking and Storing Apples and Pears (\$1.00)

**For more information check out these sources:**

*Apple Journal*. <http://www.applejournal.com/use.htm> (details hundreds of apple varieties).

Dole 5 A Day. <http://www.dole5aday.com> (learn how to include more fruits in your diet through information and recipes at this site).

OSU Extension Service, *Commodity Data Sheet – Apples*, April 2005.  
<http://ludwig.oregonstate.edu/econinfo/CDSFiles/cds05/Apples.pdf> (statistics on Oregon Apple Production by year and county).

Science Daily. *Disease-fighting Chemicals in Apples Could Reduce the Risk of Breast Cancer, Cornell Study in Rats Suggests*.  
<http://www.sciencedaily.com/releases/2005/03/050309110724.htm> (includes this article and links to other articles on current research into the health benefits of apples).

*Steps to a Healthier You*. <http://www.mypyramid.gov/> (check out your individual My Pyramid at this website).

U.S. Apple Association, 8233 Old Courthouse Road, Suite 200, Vienna, VA 22182.  
<http://www.usapple.org> (check her for more information about apples grown in the United States).

Washington Apple Commission. PO Box 18, Wenatchee, WA 98807.  
<http://www.bestapples.com> (learn more about Pacific Northwest Apples at this site).

Prepared by Nancy Kershaw, Oregon State University, Extension Family and Community Development, Tillamook County.

Reviewed and piloted tested by Elaine Husted, Oregon State University, Extension Family and Community Development,, Grant County.

**Oregon State**  
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**Extension Service**

Agriculture, 4-H Youth, Family & Community Development, Forestry, and Extension Sea Grant Programs. Oregon State University, United States Department of Agriculture, and Tillamook County cooperating. The Extension Service offers its programs and materials equally to all people.

# Apple Recipes

## Apple Pizza

- ½ cup low fat ricotta or cottage cheese
- 2 Tbsp. onion, minced
- 2 tsp. garlic, minced
- 1-12 inch pre-cooked pizza crust
- 2 cups Golden Delicious or Rome Beauty apples, cored and sliced
- 1 cup red bell pepper, thinly sliced
- ¾ cup shredded part-skim mozzarella

1. Pre-heat oven to 450 degrees F.
2. Combine ricotta or cottage cheese, onion, and garlic, mix well.
3. Spread on pizza crust.
4. Layer apples and peppers on cheese mixture.
5. Sprinkle with mozzarella cheese on top.
6. Bake for 7 minutes or until cheese melts and pizza is thoroughly heated.

Number of servings: 6

Nutrition Facts			
Serving Size 1/6 slice of pizza (104g)			
Servings Per Container 6			
Amount Per Serving			
<b>Calories</b> 120	<b>Calories from Fat</b> 40		
<b>% Daily Value*</b>			
<b>Total Fat</b> 4.5g	<b>7%</b>		
Saturated Fat 2.5g	<b>13%</b>		
<b>Cholesterol</b> 15mg	<b>5%</b>		
<b>Sodium</b> 160mg	<b>7%</b>		
<b>Total Carbohydrate</b> 13g	<b>4%</b>		
Dietary Fiber 1g	<b>4%</b>		
Sugars 5g			
<b>Protein</b> 7g			
Vitamin A 15%	• Vitamin C 50%		
Calcium 15%	• 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
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

## Red Blissful Potato Salad

- ½ cup low-fat mayonnaise
- ½ cup plain, low-fat yogurt
- 1 ½ Tbsp. cider vinegar
- 2 tsp. yellow mustard
- 2 stalks celery, finely chopped
- ½ cup red onion, finely chopped
- 1/3 cup dried, sweetened cranberries
- 1 ½ pounds red potatoes
- 1 pound apples

1. In a large bowl, stir together mayonnaise, yogurt, vinegar, mustard, celery, onion and cranberries. Add salt and pepper to taste. Cover and refrigerate.
2. Cook potatoes in simmering water until done (about 15 minutes), drain and cool, chop.
3. Core and cut unpeeled apples into bite-size pieces.
4. Gently stir potatoes and apples into mayonnaise mixture.
5. Cover and chill until ready to serve.

Serving size: ¾ cup

Number of servings: 10

Nutrition Facts			
Serving Size 3/4 cup (164g)			
Servings Per Container 10			
Amount Per Serving			
<b>Calories</b> 140	<b>Calories from Fat</b> 40		
<b>% Daily Value*</b>			
<b>Total Fat</b> 4.5g	<b>7%</b>		
Saturated Fat 0.5g	<b>3%</b>		
<b>Cholesterol</b> 5mg	<b>2%</b>		
<b>Sodium</b> 130mg	<b>5%</b>		
<b>Total Carbohydrate</b> 23g	<b>8%</b>		
Dietary Fiber 3g	<b>12%</b>		
Sugars 10g			
<b>Protein</b> 2g			
Vitamin A 2%	• Vitamin C 30%		
Calcium 4%	• Iron 4%		
*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
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

## PB & OJ Apple Dip

1 cup smooth peanut butter  
1/3 cup orange juice

1. Cream together peanut butter and orange juice until well-blended.
2. Use as dip with sliced apples.

Serving size: 2 Tbsp.  
Number of Servings: 8

Amount Per Serving	
<b>Calories</b> 190	Calories from Fat 140
<b>% Daily Value*</b>	
<b>Total Fat</b> 16g	<b>25%</b>
Saturated Fat 3g	<b>15%</b>
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 150mg	<b>6%</b>
<b>Total Carbohydrate</b> 8g	<b>3%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 3g	
<b>Protein</b> 8g	
Vitamin A 0%	Vitamin C 8%
Calcium 0%	Iron 4%
*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
Saturated Fat	Less Than 20g    25g
Cholesterol	Less Than 300mg    300 mg
Sodium	Less Than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

## Roasted Autumn Vegetables

1 medium butternut squash (about 1 pound), peeled and cut into ½ inch chunks  
4 medium red or Yukon gold potatoes (about 1 pound), unpeeled, (cut into smaller chunks than the squash because potatoes take longer to cook)  
1 to 2 sweet potatoes, peeled and cut into ½ inch chunks  
2 tart baking apples (Granny Smith or other tart cooking variety), cut into slices.  
1 medium yellow onion, chopped  
1 medium red bell pepper, cut into ½ inch chunks  
2 cloves garlic, minced  
¼ cup extra-virgin olive oil  
Salt and pepper to taste (about ¼ tsp. each)  
2 Tbsp. mixed fresh herbs, chopped, your choice.

1. Preheat oven to 400 degrees F.
2. In large shallow baking dish combine squash, potatoes, sweet potatoes, apples, onion, bell pepper and garlic.
3. Drizzle olive oil over vegetables, sprinkle with salt, pepper and herbs. Toss to coat vegetables.
4. Bake uncovered at 400 degrees F for about 40 minutes or until vegetables, especially potatoes, are tender.

Serving size: 1 cup  
Number of Servings: 8 - 10

Amount Per Serving	
<b>Calories</b> 170	Calories from Fat 60
<b>% Daily Value*</b>	
<b>Total Fat</b> 7g	<b>11%</b>
Saturated Fat 1g	<b>5%</b>
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 95mg	<b>4%</b>
<b>Total Carbohydrate</b> 25g	<b>8%</b>
Dietary Fiber 4g	<b>16%</b>
Sugars 4g	
<b>Protein</b> 2g	
Vitamin A 220%	Vitamin C 90%
Calcium 4%	Iron 6%
*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
Saturated Fat	Less Than 20g    25g
Cholesterol	Less Than 300mg    300 mg
Sodium	Less Than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

## Pineapple-Cream Cheese Apple Dip

8 ounces (1 cup) low-fat cream cheese  
 1 cup crushed, canned pineapple, drained

1. Cream together cream cheese and crushed pineapple.
2. Use as dip with sliced apples.

Serving size: 1 ½ Tbsp.  
 Number of Servings: 10

Amount Per Serving	
<b>Calories</b> 70	<b>Calories from Fat</b> 40
<b>% Daily Value*</b>	
<b>Total Fat</b> 4g	<b>6%</b>
Saturated Fat 2.5g	<b>13%</b>
<b>Cholesterol</b> 15mg	<b>5%</b>
<b>Sodium</b> 70mg	<b>3%</b>
<b>Total Carbohydrate</b> 5g	<b>2%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 3g	
<b>Protein</b> 3g	
Vitamin A 4%	• Vitamin C 4%
Calcium 2%	• 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
Saturated Fat	Less Than 20g    25g
Cholesterol	Less Than 300mg    300 mg
Sodium	Less Than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

## Butternut Apple Crisp

1 pound butternut squash	1 tsp. ground cinnamon
3 tart apples, peeled and sliced	½ tsp. salt
¼ cup corn syrup	½ cup all-purpose flour
2 Tbsp. lemon juice	½ cup. quick cooking oats
¾ cup packed brown sugar	¼ cup packed brown sugar
1 Tbsp. cornstarch	6 Tbsp. butter

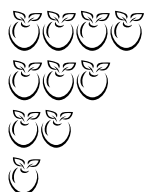
1. Peel squash and cut in half lengthwise; discard seeds. Cut squash into thin slices.
2. In a large bowl toss the squash, apples, corn syrup and lemon juice.
3. Combine ¾ cup brown sugar, cornstarch, cinnamon and salt. Stir into squash mixture.
4. Transfer to greased 13" x 9" x 2" baking dish. Cover. Bake at 375 degrees F. for 20 minutes.
5. In a small bowl, combine the flour, oats and ¼ c. brown sugar. Cut in butter until mixture resembles coarse crumbs. Sprinkle over squash mixture. Bake 25 minutes longer until squash and apples are tender and topping is lightly browned.

Serving size: ½ cup  
 Number of Servings: 10-12

Amount Per Serving	
<b>Calories</b> 210	<b>Calories from Fat</b> 50
<b>% Daily Value*</b>	
<b>Total Fat</b> 6g	<b>9%</b>
Saturated Fat 3.5g	<b>18%</b>
<b>Cholesterol</b> 15mg	<b>5%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 39g	<b>13%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 28g	
<b>Protein</b> 2g	
Vitamin A 80%	• Vitamin C 15%
Calcium 4%	• Iron 6%
*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
Saturated Fat	Less Than 20g    25g
Cholesterol	Less Than 300mg    300 mg
Sodium	Less Than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

## Recommended Uses for Apple Varieties

Variety	Flavor, Texture	Fresh, Salads	Pies	Sauce	Baking	Freezing	Drying	Season
<b>Red Delicious</b> bright to dark red - heart shaped	Sweet, Crisp				Not Recommended		No information	Year-round
<b>Granny Smith</b> bright green	Tart, Hard Crisp							Year-round
<b>Golden Delicious</b> golden to yellow-green	Sweet, Delicate Crisp						No information	Year-round
<b>Gala</b> yellow-orange with red stripes	Very Sweet, Delicate Crisp						No information	Aug.-Mar.
<b>Fuji</b> yellow-green with red highlights	Sweet-Tart, Hard Crisp						No information	Year-round
<b>Rome Beauty</b> bright red skin	Slightly Tart, Crisp							Sept.-July
<b>Braeburn</b> greenish-gold with red sections	Tart-Sweet, Hard Crisp						No information	Oct.-Aug.
<b>Criterion</b> bold yellow, red blush	Honey-sweet, Juicy					No information		Oct.-Mar.
<b>Newton Pippin</b> greenish-yellow color	Tangy, Aromatic					No information		Sept.-June
<b>Jonagold</b> yellow-green with blush stripe	Sweet-Tart, Delicate Crisp						No information	Sept. -April
<b>Cameo</b> red stripes, creamy background	Sweet-Tart, Crisp						No information	Oct.-Aug.
<b>Pink Lady</b> yellow with a pink blush	Tart-Sweet, Hard Crisp						No information	Oct.-June



Excellent  
Very Good  
Good  
Fair