



Virginia Grown Apples

4 small, 3 medium or 2 large apples = about 1 pound
2 medium apples = 1 cup grated apple
1 pound of apples = 3 cups diced
2 pounds (6-8 apples) = 1 9-inch pie
1 bushel of apples = about 16-20 quarts applesauce or apple butter

Nutrition-Wise

An apple is “bulk-producing” so it satisfies your hunger while its natural sugars are easily digested and give instant energy. Apples will not only help tone up digestion, but will also help keep your cholesterol count down. Because of their beneficial aid to dental health, apples are often referred to as “Nature’s toothbrush.”

Apples contain abundant amounts of the flavonoid quercetin, which appears to help prevent the growth of prostate cancer cells, reduce the incidence of lung cancer and contribute to improved lung function.

A medium-size apple is a fat-free, saturated fat-free, sodium-free and cholesterol-free food. Apples are also an excellent source of fiber - 5 grams per medium apple. All this and only 80 calories per serving. For these reasons and their universal flavor appeal, versatility, convenience and year-round availability, nutritionists and dietitians rate them highly.

Storage

When you get your apples home, sort and handle carefully, as they bruise easily. Keep apples refrigerated. Serve them cold or at room temperature, but keep your reserve supply refrigerated. To prevent absorbing other food flavors and odors and to maintain proper humidity, store them in plastic bags with ventilation holes in the hydrator drawer of the refrigerator.

Cooking Hints

When cooking with apples, use very little water; none for pies, Betties, etc. Add only enough water for applesauce to prevent the apples from scorching.

When making salads, dip apple slices in lemon juice, salt water or ascorbic acid mixture to prevent darkening. Ginger Golds and Golden Delicious apples stay whiter longer.

Did you know?

Scientists have identified about 7,500 different kinds of apples around the world.

An apple is more than 80 percent water. They also contain a lot of air. That’s why fresh apples float.

An Apple A Day

You can enjoy apples in a variety of ways - fresh or frozen, whole or sliced, juice or cider. Here are just a few great ways to have your “apple a day.”

- Whip up a frozen applesauce “slushie” in your blender for a breakfast beverage.
- Stash dried apples in your glove compartment or desk for a quick snack.
- Slice an apple onto your sandwich for a crunchy treat.
- Dice an apple into a salad for extra zip.
- Spoon canned apple slices onto low-fat pound cake for a tasty, elegant dessert.
- Mix apple chunks into hot cereal or put them on pancakes to energize your breakfast.
- Drink apple juice instead of coffee during your morning commute.
- Pack an apple in your backpack or briefcase for a snack on the go.
- Dip apple slices in vanilla low- or no-fat yogurt for an easy snack.
- Microwave a cored apple in a little juice or cider for a quick, low-calorie dessert.

