

## Extension

### October 2014 Newsletter

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### Core Facts about Apples

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You've heard, "An apple a day will keep the doctor away." While it will certainly take more than a daily apple to keep you healthy, it is a step in the right direction. Apples are delicious, easy to carry for snacking, low in calories, a natural mouth freshener, and they are available at markets, grocery stores, and orchards!

Apples are a source of both soluble and insoluble fiber. Soluble fiber helps to prevent the buildup of cholesterol and reduces the risk of heart disease. The insoluble fiber in apples helps food move quickly through the digestive system, reducing the risk of some types of cancers and improving digestive health.

It is a good idea to eat washed apples with their skin. Almost half of the vitamin C content is just underneath the skin. Eating the skin also increases insoluble fiber content.

There are hundreds of varieties of apples, although most people have only tasted one or two of the most popular types. Apples can be sweet, tart, soft and smooth or crisp and crunchy, depending on the one you choose.

#### Tips for Success:

##### Storing apples

- Apples keep best when refrigerated. Store them in a plastic bag or the drawer to keep them fresh.
- Check them often. Remove any decayed apples. One rotten apple can indeed spoil the whole barrel!

##### Why do apples turn brown after they have been cut?

When an apple is cut, compounds found in the apple, are released from the cell and cause a browning reaction on the fruit when exposed to oxygen. The more Vitamin C the apple contains, the less the browning may occur. Dipping apple slices in a solution of 50% water and 50% ascorbic acid (vitamin C) or full strength lemon juice will help prevent browning.



#### TOP 8 REASONS TO ENJOY AN APPLE

1. Fat-free
2. Sodium-free
3. Contains natural sugars called fructose
4. Only 80 calories
5. Cholesterol-free
6. No artificial colors or flavors
7. Excellent source of fiber
8. Convenient, satisfying snack

Apple Variety	Appearance	*Flavor	Sauce	Baking
Gala	Red-orange with yellow stripes	Sweet Crisp	Very Good	Good
Fuji	Red blush with green and yellow stripes	Sweet, Spicy Crisp	Good	Good
Honey Crisp	Yellow with blush	Mildly Tart, Sweet Flavor	Good	Good
Braeburn	Yellow w/ red stripes or blush	Very Firm	Good	Good
Jonagold	Bright red and Gold	Sweet Tart Firm	Good	Very Good
Granny Smith	Green, sometimes with pink blush	Tart Crisp	Very Good	Very Good
Jonathan	Light red stripes over yellow or deep red	Moderately Tart	Excellent	Very Good
Red Delicious	Striped to solid red	Sweet Crisp	Fair	Not Recommended
Golden Delicious	Yellow-green, pink blush	Sweet Crisp	Very Good	Very Good

## Let's Talk

Apples are one of nature's best snack foods that can help reduce childhood obesity. They are firm, sweet, tart, portable, packed with vitamins and fiber and water. How do we encourage kids to eat more apples? Turns out the answer may be simple: Slice them up!

Researchers from Cornell University discovered elementary students will eat significantly more apples if they are served in ready-to-eat pieces. For the study, school cafeterias were asked to cut apples into six pieces. Apple sales in those schools jumped an average of 61%. More importantly, the number of students who ate more than half of their apple jumped 73% when the fruit was cut up.

Kids do better with cut apples because they often have braces or missing teeth to contend with. Besides, if you don't slice the apple, you can't take those nice, smile-shaped pieces and stick them in your mouth to make a funny face!

## Recipe for Health: Peanut Butter Apple Dip

### Ingredients:

1 package (8 ounces) low-fat cream cheese, softened  
 1 cup crunchy peanut butter  
 1/2 cup packed brown sugar or honey or applesauce  
 1/4 cup low-fat milk, if needed to thin the dip  
 Apples, cored and sliced

3/4 cup brown sugar  
 3/4 teaspoon nutmeg  
 3/4 teaspoon cinnamon  
 1/3 cup butter  
 4 medium-sized gala apples or your favorite variety  
 \*Optional version add some raisins or cranraisins

### Method:

1. In a mixing bowl, combine the first 4 ingredients; mix well.  
 Serve with sliced apples. Store leftover dip in refrigerator.  
 Adapted from Washington Apple Commission

### Directions:

Preheat the oven to 375 degree F.  
 For the topping, mix the dry ingredients in a bowl. Cut butter into the dry mixture.  
 Peel the apples, and cut them into 1/4" slices. Spread the sliced apples in a buttered 9"x9" baking dish. Sprinkle the topping on the sliced apples. Bake for 35 to 40 minutes (or until apple slices are tender and the toppings are golden brown).  
 Serve warm or cold.  
 Adapted from Kendall Anderson Nutrition Center

## Gluten-Free Apple Crisp

### Ingredients:

1/2 cup quick-cooking oats (gluten-free)  
 1/4 cup rice flour  
 1/4 cup tapioca flour