

Apples

Arkansas Grown

History

The word *apple* comes from the Old English *aepfel*. It's been around since the Iron Age and was cultivated in Egypt. The apple was brought to the United States by the Pilgrims in 1620. The first commercial trade of apples from the U.S. began in 1741 in Long Island, NY, with the product being exported to the West Indies.

Storage Tips

- Don't wash apples until just before using to prevent spoilage.
- When you get your apples home, it's ok to keep them on the counter if you are going to eat them in a week or so. Otherwise keep them in the refrigerator and they'll keep for weeks.
- Storing apples next to broccoli, cabbage, cucumbers, greens or cauliflower could cause these vegetables to spoil faster, since apples give off ethylene gas which causes faster ripening.
- Also, you may wish to put an apple in a bag with fruits such as peaches, plums and bananas for the purpose of speeding up ripening these fruits.

Nutrition Information

This food is very low in saturated fat, cholesterol and sodium. It is also a good source of dietary fiber and Vitamin C.

1 cup, chopped apple

Calories: 65	Fiber: 12%
Fat: 0.2 g	Vitamin C: 10%
Carbohydrates: 17.3 g	Potassium: 4%
Sugars: 13.0 g	Sodium: 1.3 mg

Homemade Applesauce

- 4 apples - peeled, cored and chopped
- 3/4 cup water
- 1/4 cup white sugar
- 1/2 teaspoon ground cinnamon

In a saucepan, combine apples, water, sugar, and cinnamon. Cover, and cook over medium heat for 15 to 20 minutes, or until apples are soft. Allow to cool, then mash with a fork or potato masher.

Cut out this recipe and glue it to a note card for future reference!



How to Pick Them

If you are looking for an apple to eat with your sandwich, then you want a ripe or nearly ripe apple with full color and no discoloration. If you are looking for a "baking" apple to be used in a pie or crumble, look for older apples that might be just past the ripe stage and slightly mushy.



This item and others like it can be purchased with your EBT card at your local farmer's market or grocery store.