

Apple Advice

How Much to Buy

1 pound = 4 small, 3 medium or 2 large apples
For a 9" Pie: ~3 lbs fresh apples
5-6 medium apples
5-6 cups sliced apples
For Applesauce: 2.5-3.5 lbs per quart jar
For Canning: 2-3 lbs per quart jar
For Cider: Approx 36-40 apples per gallon

Storing Apples

Apples are best stored in a cool, dark place at a temperature between 34 and 40 degrees. Many varieties of apples will keep up to six months within this temperature range. They may be stored in outbuildings, such as a garage or shed, but must be kept from freezing. Keep apples in a box with ventilation holes and insulate if temperatures are below freezing. Only keep apples that are free of brown or soft spots, as they will cause the entire box to spoil.

Making Applesauce

Wash, core and slice apples. Peel if desired... some varieties, such as Akane and Liberty make especially colorful sauce if peels are left on while cooking. Simmer apples until soft, adding water if necessary. Place apples in a food mill or mash for a chunkier sauce. Add sugar to taste. Add fresh ginger or cinnamon for a tasty zing! Process quart jars for 20 min in boiling water bath or simply freeze in plastic freezer containers leaving 1/2 inch headspace.

To Peel or Not to Peel

We recommend that you leave the skins on whenever possible to get the most flavor and nutrition from your apples. 2/3 of the fiber and antioxidants in an apple come from the skin.

An Apple a Day...

One medium apple contains the following:

Calories: 80	Phosphorus: 10mg
Carbohydrates: 22g	Potassium: 170 mg
Dietary Fiber: 5g	Vitamin C: 8 mg
Calcium: 10mg	Vitamin A: 73 IU

keeps the doctor away!



Apples are high in antioxidants and are fat, sodium and cholesterol-free.

Easy Apple Snacks

Sliced Apples & Cheese

Serving suggestion:

Cheddar, smoked cheddar, cottage cheese, blue cheese

Sliced Apples & Peanut Butter

Serving suggestion:

Top with raisins, nuts, chocolate sprinkles

Sliced Apples & Yogurt Dip

Serving suggestion:

Mix honey, cinnamon and vanilla into plain yogurt

Applesauce

Serving suggestion:

Mix in cinnamon, ginger or raisins. Spread over toast.

Baked Apples

Serving suggestion:

Core apples and fill center with your choice of brown sugar, cinnamon, nuts, oatmeal, raisins, etc. Top with butter and bake 30-40 min at 375°

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