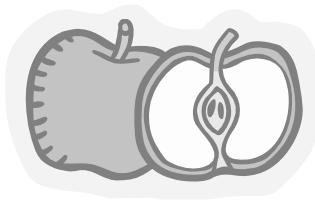


Apples



NUTRITION:

Apples are rich in pectin, fruit acids, dietary fiber and minerals.

**HOW TO
SELECT:**

Choose firm, brightly colored fruit, which is free from skin breaks and decayed spots.
 Choose the size and variety according to desired use.

Apples and Their Uses

Keeper (K) - indicates apple that stores well after harvest

Dessert (D) - apple can be used for eating fresh out of hand

Cooking (Co) - apple for culinary uses; **(P)** good for pies, **(S)** good for sauce

Cider (Ci) - apple can be used for making fermented (hard) cider

* adapted to western WA conditions

Variety	K	D	Co	Ci	Comments
Braeburn*	X	X	P		Tangy-sweet, very firm and hard, also for baked apples
Fuji	X	X	S		Sweet, firm flesh
Gala	X	X			Small, with rich sweet flavor, very juicy, dries well
Golden Delicious		X	S, P	X	Crisp, juicy flesh, especially good for pies or baking whole; some say best flavor develops in cooking
Granny Smith	X	X	S, P		Very late ripening, hard, firm, tart; develops mellow flavor when fully ripe after storage
Gravenstein*		X	S	X	Top rated for sauce; thin-skinned, juicy, sweet, not recommended for pie; short storage only
Jonagold*		X	P,S		Very good balanced sweet-tart flavor, large fruit, holds up well in baking whole
Jonathan		X	P	X	Bestseller in early 1900s; small, slightly tart
McIntosh*	X		S	X	Important commercial apple in eastern U.S.; highly aromatic, spicy, does not keep well
Red Delicious		X			Popular commercial market apple, can reach very good quality if properly harvested & stored
Rome Beauty			S	X	Crisp, tart flesh, very thick skin, excellent for baking whole, holds shape & has marvelous texture; not recommended for pie
Winesap		X	S,P	X	Important in early NJ cider industry; very juicy flesh, vinous strongly sweet-sour flavor, best blended in cider with bland, sweet varieties; good when baked whole

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STORAGE:

Apples are optimally stored at 32 degrees F with moderate moisture. Warm temperatures hasten the ripening process and cause rapid loss of crispness and tangy flavor. Keep small quantities in ventilated plastic bags in the refrigerator.

DRYING:

Use varieties of good dessert (**D**) or cooking (**Co**) quality. Mature but not soft.

PREPARATION:

- Wash, peel (optional) and core. Cut into slices or rings about 1/8" to 1/4" thick, or into quarters or eighths.

PRETREATMENT (choose one): None, ascorbic acid/citric acid dip, syrup blanch, honey dip, or sulfiting.

DRYING PROCEDURE:

- Arrange slices in single layer on drying trays.
- Drying time approximately 6-12 hours at 140-150 degrees F.
- Dry until leathery and pliable. There should be no moisture when cut slices are squeezed.

FREEZING:

Apples: Select crisp, firm fruit. To prevent browning during preparation slice into salt water (2 tablespoons salt to a gallon of water). Drain and pack in syrup OR pack in sugar OR pack without sugar. Use ascorbic acid to retard browning during storage. Freeze in moisture-vapor proof containers.

Applesauce: Wash apples, peel if desired, core and slice. Cook until tender in water (1/3 cup to each quart of slices). Cool and strain if necessary. Sweeten to taste. Freeze in moisture-vapor proof containers.

CANNING:

WATER BATH CAN

Apples: Wash, peel, core, slice. To prevent darkening, drop into water containing 3 grams (3000 mg) ascorbic acid to 1 gallon of cold water. Six crushed 500 mg vitamin C tablets may be used or follow instructions on commercially prepared mixes of ascorbic or citric acid. Drain. Boil 5 minutes in thin syrup or water. Pack, cover with boiling cooking liquid. Add ascorbic acid, if desired. Process pints or quarts for 20 minutes in a boiling water bath.

Applesauce, other Fruit Purees: Wash, remove seeds or pits. Cut large fruit into pieces. Simmer until soft. Add a small amount of water, if needed, to prevent sticking. Put through food strainer or mill. Add sugar to taste. Reheat to simmering (185-210 F.), pack. Leave 1/2 inch headspace. Process pints for 15 minutes or quarts for 20 minutes in a boiling water bath.

Fruit Juice: Wash; remove seeds, cut into pieces. Heat to simmering; stir to prevent sticking. Strain through cloth bag. Add 1 c. sugar to 1 gallon juice if desired. Reheat to simmering (185-210 F.) pour hot juice into jars (or use juicer; pour simmering juice into jars) leaving 1/2 inch headspace. Process pints, quarts, and 1/2-gallons for 5 minutes in a boiling water bath.

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RECIPES:

APPLE PIE FILLING

Ingredient	Quantities of ingredients needed for	
	1 quart	7 quarts
Fresh sliced apples (blanched)	3-1/2 cups	6 quarts
Granulated sugar	3/4 cup + 2 tbsp.	5-1/2 cups
Clear Jel ®	1/4 cup	1-1/2 cups
Cinnamon	1/2 tsp.	1 tbsp.
Cold water	1/2 cup	2-1/2 cups
Apple juice	3/4 cup	5 cups
Bottled lemon juice	2 tbsp.	3/4 cup
Nutmeg (optional)	1/8 tsp.	1 tsp.
Yellow food coloring (optional)	1 drop	7 drops

Quality. Use firm, crisp apples. Stayman, Golden Delicious, Rome, and other varieties of similar quality are suitable. If apples lack tartness, use an additional 1/4 cup of lemon juice for each 6 quarts of slices.

Procedure for preparing apple filling. Wash, peel, and core apples. Prepare slices 1/2 inch wide and place in water containing 1 teaspoon of ascorbic acid crystals or six 500-mg vitamin C tablets in 1 gallon of water, to prevent browning.

Place 6 cups at a time in 1 gallon of boiling water. Boil each batch 1 minute after the water returns to a boil. Keep blanched apples in a covered pot so they will stay warm while other batches of apples are being blanched. Combine sugar, Clear Jel ®, cinnamon, and nutmeg in a large kettle with water, apple juice and food coloring. Stir and cook on medium-high heat until mixture thickens and begins to bubble. Drain apple slices. Add lemon juice and boil sauce 1 minute, stirring constantly. Fold in apple slices, immediately fill jars with mixture, leaving 1-1/2 inch headspace, and process pints and quarts without delay in a boiling water bath for 25 minutes (0-1000 ft.), 30minutes (1001-3000 ft.), or 35 minutes (3001-6000 ft.).

SUGAR FREE APPLE BUTTER

12 cups (12-13 med.) cooking apples, peeled and quartered	1/4 tsp ground allspice
1 1/2 cups hot water	1 tbsp unsweetened lemon juice
2 tsp cinnamon	3 tbsp liquid artificial sweetener
1/2 tsp ground cloves	(optional for flavor)

In large saucepan, combine apples and water. Simmer 15 to 20 minutes until tender. Mash or puree cooked apples and juice; add remaining ingredients. Cook, stirring frequently, until thick, about 45 minutes. Pour into jars; seal and cool. Store in refrigerator or freezer.

APPLESAUCE

An average of 21 pounds is needed per canner load of 7 quarts; and average of 13-1/2 pounds is needed per canner load of 9 pints. A bushel weighs 48 pounds and yields 14 to 19 quarts of sauce. An average of 3 pounds makes a quart of canned applesauce.

Select apples that are sweet, juicy, and crisp. For a tart flavor, add 1 to 2 pounds of tart apples to each 3 pounds of bland fruit.

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Wash, peel, core, and slice apples. If desired, keep slices in water containing ascorbic acid to prevent browning. Place drained slices in a large 8- to 10-quart saucepan. Add 1/2 cup water and stir occasionally to prevent browning. Heat quickly until tender (5 to 20 minutes, depending on maturity and variety). Press through a sieve or food mill, or skip the pressing step if you prefer chunky style sauce. If desired, add 1/8 cup sugar per quart of sauce. Taste and add more sugar if preferred. Reheat sauce to boiling. Fill jars with hot sauce, leaving 1/2-inch headspace. Adjust lids and process pints for 15 minutes at 0-1000 feet elevation (20 minutes at 1001-3001 feet) and quarts 20 minutes at 0-1000 feet elevation (25 minutes at 1001-3001).

SPICED APPLE RINGS

12 lb firm tart apples (maximum diameter 2-1/2 inches)	3 Tbsp whole cloves
12 cups sugar	3/4 cup red hot cinnamon candies
6 cups water	OR
1-1/4 cups white vinegar (5%)	8 cinnamon sticks
	1 tsp red food coloring (optional)

Wash apples. To prevent discoloration, peel and slice one apple at a time. Immediately cut crosswise into 1/2-inch slices, remove core area with a melon baller, and immerse in an ascorbic acid solution.

To make flavored syrup, combine sugar, water, vinegar, cloves, cinnamon candies or cinnamon sticks, and food coloring, in a 6-quart saucepan. Stir and heat to boil, and simmer 3 minutes. Fill jars (preferably wide-mouth) with apple rings and hot flavored syrup, leaving 1/2-inch headspace. Adjust lids and process half-pints and pints 10 minutes at 0-1000 feet elevation (25 minutes at 1001-3001 feet).

For more information call WSU Skagit County Extension:

360-428-4270

Or visit:

<http://skagit.wsu.edu/FAM/MFP.htm>

HANDOUT DEVELOPED BY: WSU Master Food Preservers
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