



Have You Heard?

By Doris Thomas
Lancaster Extension
Home Economist

multi-purpose apples great for snacks, baking and most other culinary purposes.

Frequently chosen as a symbol of nutrition and health by graphic artists, apples contain modest amounts of several nutrients. They are also relatively low in calories. An average-sized apple has about 80 calories. Apples are also an excellent source of pectin fiber, which is associated with helping keep blood cholesterol levels in balance. Pectin fiber, along with its moisture content and bland flavor, make applesauce a low-fat substitute for some of the shortening in cakes, muffins and cookies.

Apples are "Nature's Toothbrush" but should not be a substitute for proper brushing. The juice of the apple and its delightful aroma help induce salivary activity. The apple's mild fibrous texture helps provide detergent action. All

of this combines to make apples an ideal end to a meal and natural toothbrush for those times when regular brushing is not possible.

In the fall, when supplies are plentiful, it is usually cheaper to buy apples in large quantities (by the half or full bushel) than by the pound — provided you like apples and have refrigeration or suitable storage for your bargain. A refrigerator is the best place to store apples. A properly harvested apple, kept at room temperature, becomes overripe and mealy within a few days. The same apple held at 32 degrees Fahrenheit in

the humidifier compartment of a refrigerator remains in good condition for four to six months. If your humidifier compartment is full, plastic bags with a few air holes also make good storage bags for apples.

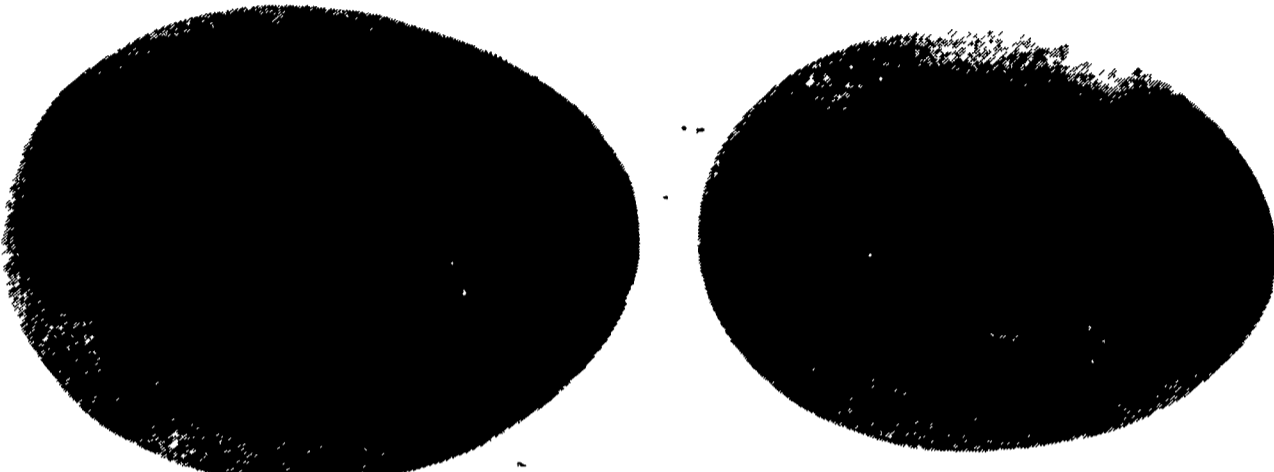
Fresh apples can also be stored in a cool cellar or garage. Line a container with polyethylene to help prevent moisture loss and cover with a moist towel to help retard moisture loss. Remember, apples injure if frozen. Therefore, cover the fruit with a blanket, corrugated box or other material if nighttime temperatures fall below 32 degrees Fahrenheit.

Choose Apples For A Healthy Snack

Although apples are available all year, nothing can compare to the crisp, succulent apples that are available now during the fall harvest. Apples are in good supply and will be through the coming winter months. October is the peak month for apples and has

been designated National Apple Month.

If you want apples to eat fresh as a snack or in salads, two excellent varieties are Red and Golden Delicious. Firm-fleshed varieties, such as Rome Beauty and York Imperial are excellent for baking. Winesap, McIntosh, Cortland, Jonathan, and Granny Smith are



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