

More about Colorado Apples



“An apple a day keeps the doctor away.”

Nutrition

Apples are a delicious, nutritious way to boost consumption of fruits and vegetables for a healthy diet. Apples are fat free and high in fiber. Apples contain natural fruit sugars, mainly fructose. The high fiber content of an apple allows sugars to be released slowly, maintaining healthy blood glucose levels and warding off hunger. Apples are a good source of Vitamin C and a variety of other disease fighting antioxidants.

Why do apples turn brown after they have been cut?

Apples brown due to an enzyme called polyphenoloxidase. When an apple is cut, these compounds are released from the cell and cause a browning reaction on the fruit. The more Vitamin C the apple contains, the less the browning may occur. Dipping apple slices in a 50/50 water and lemon juice solution will help prevent extensive browning and can help maintain crispness.

Apple Preservation & More

Canning Fruit

<http://www.ext.colostate.edu/pubs/foodnut/09347.html>

Drying Fruit

<http://www.ext.colostate.edu/pubs/foodnut/09309.html>

Freezing Fruit

<http://www.ext.colostate.edu/pubs/foodnut/09331.html>

Apple recipes and posters:

<http://farmtotable.colostate.edu/eat-fresh-produce.php>

Drying Apples

Select mature, firm apples. Wash well. Pare and core. Cut in rings or slices 1/8 to 1/4 inch thick, or cut in quarters or eighths. Submerge in 50/50 water and lemon juice solution for 10 minutes. Remove from solution and drain well. Arrange in a single layer on trays. Dry in dehydrator or oven set at 140°F until soft, pliable, and leathery, with no moistness in center.

Easy Microwave Apple Sauce

6 cups of sliced, peeled apples

1/4 c water

1/3 c sugar (adjust to taste)

Cinnamon to taste (optional)

Mix all ingredients in 2-quart microwave safe baking dish. Cover and microwave on high power 6 to 8 minutes. Using a food processor or blender, blend the cooked mixture to the desired consistency. Refrigerate any leftovers.

Common Colorado Apple Varieties

Apple Variety	Appearance	Flavor	Dried	Sauce	Baking
Gala	Bright red with bands of yellow	Sweet Aromatic	Good	Very Good	Good
Jonathan	Light red stripes over yellow or deep red	Balanced flavor Tart-sweet	Very Good	Excellent	Very Good
Jonagold	Rich red	Sweet Tart Juicy	Very Good	Excellent	Very Good
Honey Crisp	Yellow with blush	Mildly Tart, Sweet Crisp	Excellent	Good	Good
Golden Delicious	Yellow-green, pink blush	Mild flavor Crisp	Excellent	Very Good	Very Good
Fuji	Red blush with green and yellow stripes	Sweet-tart Very crisp	Very Good	Good	Good
Braeburn	Yellow w/ red stripes or blush	Crisp, firm, tart	Fair	Good	Good
Granny Smith	Green, sometimes with rosy blush	Tart Crisp	Very Good	Very Good	Very Good