

APPLES

Cafeteria | VermontHarvestoftheMonth.org

Harvest of the Month provides resources for the cafeteria, classroom, and community to promote the use of local, seasonal foods.

Benefits

Apples are a good source of potassium, vitamin C, and fiber.



Mini-activities

- Taste test a spectrum of apple varieties, from sweet to tart.
- Seek out a community member who is willing to lend their apple press for the day and have students make fresh apple cider! Don't forget to lay down a tarp first!

Tidbit

Apples are the heart of fall in Vermont. You can enjoy their bounty throughout the winter as well! There is almost no limit to an apple's use: eat it raw, cooked, and dried, or make into butter, vinegar, jam, and jelly.

Kid-friendly eating tips

- Homemade applesauce: fill the bottom of a large pot with an inch of water, bring to a boil, add apples, and cook over low heat until soft, mash, then add cinnamon and or a bit of maple syrup.
- Dip apple slices in peanut butter or pair them with cheddar cheese.
- Bake apple slices in the oven with a cinnamon-sugar mixture for 15-20 minutes at 350° F.
- Bake apple halves in the oven, stuffed with a filling, such as, raisins, honey, chopped nuts or shredded coconut.

Storage Tips

- Will keep on the counter for about a week
- Depending on the variety, apples can store in the refrigerator for a few weeks to a month; if you have a "crisper drawer", store them there.
- For long-term storage, place in a dark, cool, and humid space. Check out this helpful tip sheet online: <http://www.hort.purdue.edu/ext/HO-95.pdf>.
- To freeze: Apples freeze well when puréed. Do not freeze whole, uncooked apples—core, slice, and sprinkle with lemon juice to prevent discoloration.
- **Seasonal use:**

Summer: Crispy for a short period of time and are best used for cooking.

Fall: Traditionally eaten out of hand but have an all-purpose usage and store longer.

Winter: Ripen mid to late fall and are excellent for storage—they reach peak flavor after weeks or months of storage.

Cooking Tips

- Apple variety uses:

Out of hand: firm, crisp, and juicy—Cortland, Empire, Fuji, Gala, Golden Delicious, Honeycrisp, Jonagold, Liberty, McIntosh, and Red Delicious.

Pie & oven baking: dry, sweet, and slightly acidic—Cortland, Empire, Jonagold, Golden Delicious, and Idared.

Applesauce: an apple that doesn't easily discolor—Cortland, Empire, Fuji, Honeycrisp, Idared, Jonagold, and McIntosh.

Jelly: barely ripe, acidic, high in pectin—Cortland, Crab Apple, Empire

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Local Spotlight

2014 Vermont Orchards Listing:
<http://www.vermontapples.org/orchard-listing.php>

Selection Tip

- Choose apples that are firm and unbruised.
- If you're planning on using apples for applesauce or baking, "apple seconds", or less than perfect apples, are excellent candidates.



Recipes

Baked Apple Slices

Yield: 150 1/2 cup servings of red/orange vegetable

Ingredients:

60 lbs of apples (1 1/2 cases : 210 small)
cup cinnamon
1/2 cup maple syrup or brown sugar

Directions:

1. Core and slice all apples.
2. Place apples on baking sheets. Sprinkle cinnamon and brown sugar or maple syrup over apples.
3. Bake at 350° F for ~10 minutes, or until apples can be pierced with a fork.

Mashed Squash and Apples

Yield: 50 1/4 cup servings

Ingredients:

12 lbs butternut squash (~6 squash)	1 1/2 tsp. cinnamon
6 apples, grated	1 1/2 tsp. coriander
3 yellow onions, diced small	1 1/2 tsp. cumin
3 cloves garlic, minced	salt, to taste
6 Tbsp. unsalted butter	olive oil, for brushing squash
6-7 Tbsp. maple syrup	

Directions:

1. Preheat oven to 375° F. Cut butternut and scrape out seeds. Brush with olive down on a foil-lined baking sheet. Bake until squash is tender, especially at the long end. Time will vary depending on the size of your squash, ~35-45 minutes.
2. Melt butter over medium-low heat in a large pot or Dutch oven. Add apples, onions, and salt, cover, and cook until onions are soft, ~5 minutes. Remove cover and sauté until golden brown, ~5-7 minutes longer. Add garlic and spices, and sauté until fragrant, ~30 seconds longer. Remove from heat and set aside until squash finishes roasting.
3. Once squash is roasted, scrape it out of the skin and add it, along with maple syrup, to the pot with the apples and onions. Whip with a hand mixer to desired consistency.
4. Serve hot.

Source: Coffee & Quinoa at www.coffeeandquinoa.com

Baked Apple Slices

Mashed Squash and Apples