

# APPLES

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

## Storage Tips

- *To freeze:* Apples freeze well when puréed. Do not freeze whole, uncooked apples. To prevent discoloration, sprinkle with lemon juice.
- *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 Tip

When making applesauce, choose an apple that doesn't easily discolor: Cortland, Empire, Fuji, Honeycrisp, Idared, Jonagold, or McIntosh.

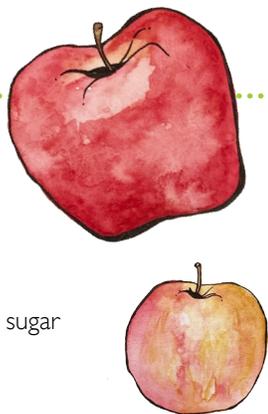
## Tidbit

Apples are the heart of fall in Vermont. You can enjoy their bounty throughout the winter as well! Eat them raw, cooked, and dried, or make them 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 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, or chopped nuts.

## Recipes



### Baked Apple Slices

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**Yield:** 4-6 servings

#### Ingredients:

4 cups apples  
1/4 tsp. cinnamon  
1 Tbsp. 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

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**Yield:** 8-10 servings

#### Ingredients:

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

#### Directions:

1. Preheat oven to 375° F. Cut butternut squash in half lengthwise and scrape out seeds. Brush with olive oil and place cut side 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 <http://www.coffeeandquinoa.com>