



COMMUNITY NEWSLETTER

APPLES



Apples are a fruit that grows on trees. They are a member of the Rosaceae (rose) family. From large to small, crisp to soft, yellow to red, and sweet to tart, apples vary in size, texture, color, and flavor. Apples can be consumed fresh or used in baking, juices, spreads, and in dishes like stuffing and soups. Apples are harvested from late summer through fall.



APPLES ARE

- A good source of fiber. Fiber helps us feel fuller and benefits the digestive and cardiovascular systems.
- A source of vitamin C.* Vitamin C is important to the body's tissues and immune system.

**Foods that are high in vitamin C, calcium and/or iron can help protect you from lead absorption.*

MICHIGAN MADE

Michigan is the third largest apple producing state in the nation. Michigan farmers produce over 1 billion pounds of apples each year. Gala, Honey Crisp and Fuji are the most common types of apples grown in the state. Michigan apples are sold in over 30 states, nearly 20 countries, and about 12,000 grocery stores across the country.



FUN FACTS

- Apples can be red, green, and yellow, or multi-colored.
- The peel of the apple contains the most fiber.
- It takes about 36 apples to make one gallon of apple cider.
- When you cut an apple in half horizontally, the core that holds the seeds (or pips) looks like a star.
- The rarest apple in the world is the Black Diamond Apple, but it is not really black, it's purple.
- The Apple Blossom is the state flower of Michigan. The flower comes from the crabapple tree.
- The crabapple tree is native to Michigan.
- There are three crabapple species native to North America.

BUYING AND STORING

- Choose apples that are firm and smooth with no nicks or bruises.
- Store apples in the refrigerator for up to six weeks.
- Wash apples before using.
- Squeeze any citrus juice over cut slices to prevent browning.
- To freeze: Wash, peel, core, and slice apples, then place in a bowl. Gently stir in 1 cup water with 1 tablespoon of lemon juice and soak apples for three to five minutes. Drain, rinse, place in freezer bags with label and date, and freeze for up to eight months.

MORE THAN FRESH

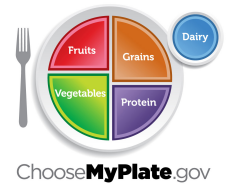
In addition to fresh, apples are available juiced, frozen, dried, and canned. Choose unsweetened applesauce and apple juice that is 100% juice. Always choose pasteurized apple cider over unpasteurized. Unpasteurized cider can contain harmful bacteria.



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EAT FROM THE MYPLATE FOOD GROUPS

MyPlate focuses on whole grains, lean protein, low-fat dairy, and half the plate being fruits and vegetables. Apples are part of the Fruit Group. Most people need 1–2 cups of fruit per day. For more information visit: myplate.gov.



IT ALL COUNTS

Fresh, frozen, canned, and dried fruits and vegetables, and 100% fruit and vegetable juices count toward your daily MyPlate goals.

EASY APPLE SALAD

Time: 10 minutes | Makes: 8 Servings | Serving Size: ½ cup

Nutrition Information Per Serving: Calories 95, Carbohydrate 13g, Dietary Fiber 2g, Protein 1g, Total Fat 5g, Saturated Fat 1g, Cholesterol 2mg, Sodium 51mg

Always wash hands before preparing food. Wash all fresh fruits and vegetables before using.



INGREDIENTS

- | | |
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| 2 tablespoons orange juice | 2 ½ cups apple, diced small |
| 1 teaspoon vanilla extract or flavoring (optional) | 1 cup celery, diced small |
| 3 tablespoons light or low-fat mayonnaise | ½ cup dried cranberries, chopped |
| ½ teaspoon cinnamon | ⅓ cup nuts, chopped (optional) |

INSTRUCTIONS

- In a bowl, mix orange juice, vanilla, mayonnaise, and cinnamon.
- Add apples, celery, cranberries, and nuts, and stir into the dressing mixture.
- Chill for one hour before serving.

CHANGE IT UP

- Use diced pears instead of apples, or a combination of both.
- Substitute raisins or any dried fruit for dried cranberries.
- Try nonfat Greek yogurt in place of mayonnaise.

TRY THIS

- Add chopped apples to green salads.
- Sauté sliced apples with cinnamon and use to top pancakes, waffles, or oatmeal.
- Add chopped apples to homemade or prepared stuffing mix.
- Add thin sliced or chopped apples to sandwiches like turkey, chicken, tuna, or grilled cheese.
- Cook apples until soft. Blend into butternut squash soup.
- Spread nut butter on an apple slice and sprinkle with granola for a healthy snack.

