



Harvest of the Month: Apples

Video Transcript

Video Available At:

<https://www.youtube.com/watch?v=rA-N5SmawBI>

The old saying “an apple a day keeps the doctor away” certainly holds some truth since apples are a nutritious treat! This month’s Montana Harvest of the Month is apples! There are over 7,500 varieties of apples grown worldwide and 2,500 are grown in the US, such as Granny Smith and Braeburn. However, only a handful of varieties are commonly found in grocery stores today.

Apple trees are a long-term investment. They can take multiple years to produce fruit after planting. However, they can live up to 100 years old, providing delicious lunchbox treats for generations. The Bitterroot Valley and other areas in the western and south-central part of Montana are the largest apple producing areas in the state. Planting the seed from your favorite apple variety will not grow that same variety and will likely produce apples that are bitter. To get a desired variety of apple, the trees have to be grafted. This means taking a branch from the desired variety and attaching it to a root to form a new tree.

Buy apples with firm, shiny, and smooth skins with intact stems. They should smell fresh, not musty. Be sure to remove apples with bruises or rot from the bag or container so they do not spoil the other apples. Apples are in the fruit food group and are packed full of nutrients. Apples are an excellent part of a healthy diet by providing fiber, vitamin C, potassium, and other nutrients. Most of the apple’s nutrients are located just below the skin and are removed when peeled. Potassium is an electrolyte and is needed for many functions in the body, including the electrical activity of the heart.

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mtharvestofthemonth.org

Branch out and try a different way of eating apples! Apples are a fruit with many uses, they can be eaten raw, cooked, dried, or made into many other delicious recipes. Before eating or cooking apples, it is best to scrub them under cold water.

Let's make a delicious apple recipe — Baked Cinnamon Apples! Apples are an excellent part of a healthy diet. Bite into a Montana apple today! The Montana Harvest of the Month program showcases a different Montana grown food each month in Montana communities. We hope you will join us in tasting Montana this month!



The Montana Harvest of the Month program showcases Montana grown foods in Montana communities. This program is a collaboration between Montana Farm to School, Office of Public Instruction, Montana Team Nutrition Program, National Center for Appropriate Technology, Montana State University Extension, Gallatin Valley Farm to School, FoodCorps Montana, and Montana Department of Agriculture. More information and resources are available at: mtharvestofthemonth.org.

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