

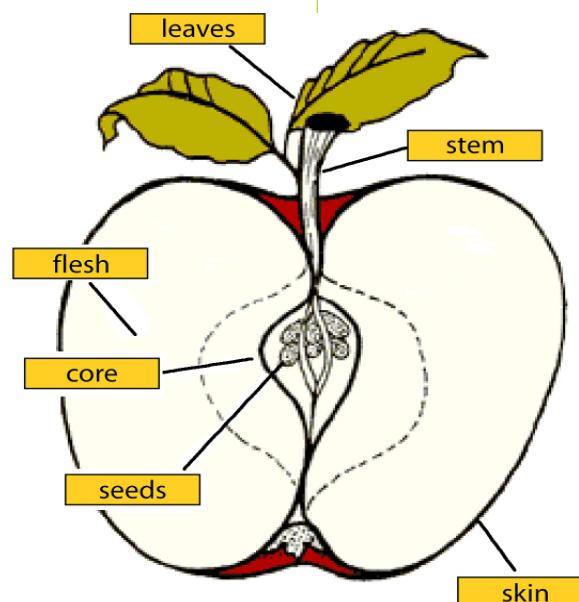
Apples

Did You Know

- The wild ancestors of apples grow in the mountains of central Asia.
- There are over 7,500 varieties of apples grown worldwide and 2,500 are grown in the US. However, only a handful of varieties are commonly found in grocery stores today.
- Apples were brought to the United States in the 17th century.
- The Bitterroot Valley and other areas in the western and south central part of Montana are the largest apple producing areas in the state.
- Check out Orange Pippin online for listings and descriptions of apple varieties (www.orangepippin.com).

Grow Your Own

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 (such as Sweet Sixteen), 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. Growing apples requires planting more than one variety of tree to ensure pollination. Purchase one-year-old trees of different varieties that possess multiple branches and are certified to be disease resistant, especially to Fire Blight. Plant in early spring, allowing 35-45 feet of growth space for standard-size apple trees, less for dwarf varieties.



Selection

Choose firm, shiny, smooth-skinned apples with intact stems. Apples should smell fresh, not musty. Remove apples with bruises or rot from the bag or container so they do not spoil the other apples.

Storage

Refrigerate apples in a plastic bag, away from strong-smelling food. Store away from other fruits, as apples naturally produce ethylene, which may cause other fruits to prematurely ripen. Eat within three weeks. Prevent cut apples from browning by dipping them in lemon juice.

Cooking

Applesauce. Place peeled, cored, and sliced apples in 1/4 inch of water. Steam apples in a microwave or pan on the stove until soft and add water if needed. Remove from heat, mash apples to desired consistency, and add seasonings such as cinnamon, cloves, ginger, or nutmeg. Eat warm or allow to cool.

Bake. Select larger apples and remove core with knife, leaving 1/2 inch of the apple core intact at the bottom. Put a small amount of seasoning in the hole. Place apples in a baking pan and add 3/4 cup water to the pan. Bake at 375°F for 30-40 minutes or until desired tenderness.

Grill. Combine 1/2 cup water and 1/4 cup lemon juice in a large bowl and put sliced apples in mixture for 30-60 minutes. Place soaked apple slices on skewers and grill about seven minutes on each side. Once grilled, remove from heat and add seasonings. For added variety and texture, add apples to a grilled meat or vegetable kabob.

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Cucumber Apple Salad

HACCP Process: 1 – No Cook 2 – Cook & Same Day Serve 3 – Cook, Cool, Reheat, Serve 4 – SOP Controlled

| Ingredients | 6 Servings | 25 Servings | Directions |
|---|-------------|-------------|------------|
| Oil | 1 Tbsp | 1/3 cup | |
| White vinegar | 1/2 Tbsp | 2 1/2 Tbsp | |
| Honey | 1 tsp | 1 Tbsp | |
| Apple juice | 1/2 Tbsp | 3 Tbsp | |
| Salt | 1/4 tsp | 3/4 tsp | |
| Black pepper | Pinch | 1/4 tsp | |
| Apples <i>unpeeled, preferably red apples</i> | 1 apple | 4 apples | |
| Lemon, juice only | 1 tsp | 1 1/2 Tbsp | |
| Cucumbers, peeled and sliced into 1/4 inch slices | 2 cucumbers | 6 cucumbers | |
| Red bell pepper, diced | 3 Tbsp | 3/4 cup | |
| Red onion, diced | 1 1/2 Tbsp | 1/4 cup | |
| Dill, chopped, optional | 1 1/2 tsp | 1/8 cup | |

| | | | | | |
|---------------------------------|--------------|-------------|---------|-------------|----------------|
| Serving Size | 1/2 cup | Pan Size | | Yield | 6, 25 servings |
| Oven Temperature & Baking Time: | Conventional | Temperature | Minutes | Temperature | Minutes |

Meal Component Fulfillment (Based on Serving Size) 1 Serving Provides: • 1/8 cup fruit • 3/8 cup vegetables

| Nutrition Analysis : Serving Size: 1/2 cup | | | | | |
|--|------------------|--------|-----------------------------|-------|-------------------|
| 53 | Calories (kcal) | .46 | Saturated Fat (g) | .28 | Iron (mg) |
| .61 | Protein (g) | 52.99% | Calories from Total Fat (%) | 16.02 | Calcium (mg) |
| 6.08 | Carbohydrate (g) | 283.28 | Vitamin A (IU) | 85 | Sodium (mg) |
| 3.09 | Total Fat (g) | 13.30 | Vitamin C (mg) | 1.23 | Dietary Fiber (g) |

Notes:

Donna Miner, Food Service Manager at Chicopee High School in Massachusetts enjoyed the fresh flavor of this apple salad. It was adapted from an NYC School Food recipe, where it has been served to many school children.

Source: Fresh From the Farm: Massachusetts Farm to School Cookbook

Maple Apple French Toast Bake

HACCP Process: 1 – No Cook 2 – Cook & Same Day Serve 3 – Cook, Cool, Reheat, Serve 4 – SOP Controlled

| Ingredients | 6 Servings | 25 Servings | Directions |
|---|------------|----------------|---|
| Apples | 1/2 lb | 2 lbs | <ol style="list-style-type: none"> Coat 2-inch full hotel pan with cooking spray. Core apples and cut each into 8 wedges. Cut bread into 1 inch cubes. Lightly beat eggs in a large bowl. Add milk, about 2/3 of the maple syrup (or brown sugar), cinnamon, nutmeg, and salt; whisk to combine. Stir in the apple slices, then fold in the bread. Lightly coat sheets of parchment paper with cooking spray and place on top of the French toast. Cover with foil. Refrigerate 6-8 hours or overnight. Before baking, let the French toast stand at room temperature for 30 minutes. Preheat convection oven to 325°F or conventional oven to 350°F. Bake for 30 minutes. Remove foil and parchment and rotate the pan end to end. Sprinkle remaining brown sugar (or drizzle remaining maple syrup) on top of each pan. Return to oven and bake uncovered 20 minutes or until set on top and the internal temperature reaches 165°F. |
| Whole grain bread | 1/2 lb | 2 lbs | |
| Eggs | 6 eggs | 26 eggs (2 qt) | |
| Lowfat milk | 2/3 cup | 2 2/3 cups | |
| Maple syrup (grade A or B) or brown sugar | 3 Tbsp | 3/4 cup | |
| Ground cinnamon | 1/2 tsp | 2 tsp | |
| Ground nutmeg | Pinch | 1 tsp | |
| Table salt | 1/8 tsp | 1/2 tsp | |

| | | | | | |
|---------------------------------|--------------|-------------|-----------------------|---------|----------------|
| Serving Size | 1 piece | Pan Size | 2-inch full hotel pan | Yield | 6, 25 servings |
| Oven Temperature & Baking Time: | Conventional | Temperature | 350°F | Minutes | 50 min |

Meal Component Fulfillment (Based on Serving Size) 1 Serving Provides: • 1.25 oz grain • 2 oz meat/meat alternate • 1/4 cup fruit

| Nutrition Analysis : Serving Size: 1 piece | | | | | |
|--|------------------|--------|-----------------------------|--------|-------------------|
| 201 | Calories (kcal) | 1.82 | Saturated Fat (g) | 2.15 | Iron (mg) |
| 10.73 | Protein (g) | 28.52% | Calories from Total Fat (%) | 65.15 | Calcium (mg) |
| 24.65 | Carbohydrate (g) | 348.41 | Vitamin A (IU) | 177.24 | Sodium (mg) |
| 6.37 | Total Fat (g) | 2.72 | Vitamin C (mg) | 3.03 | Dietary Fiber (g) |

Notes:

- Cube leftover bread or english muffins and freeze. Make the recipe when you have 1 gallon.
- You can use frozen commodity apples (thaw before adding to the recipe) or one #10 can of prepared apple filling.
- You can add 2 lb reduced-fat cream cheese, cut into 1/2-inch cubes. Fold it in with the bread in Step 4.
- Slightly frozen bread is easier to cube.
- Stir in 3/4 quart of raisins and the recipe will credit for an additional 1/4 cup fruit per serving for 25 servings recipe.

Source: New School Cuisine (www.vtfeed.org/materials/new-school-cuisine-cookbook)

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Raw. Rinse and dry an apple to enjoy as is, or slice and dip in peanut butter, yogurt, or hummus. Dip apple slices in lemon juice to prevent browning.

Season. Enhance the flavor of apples with cinnamon, clove, ginger, or nutmeg.

Preserve. For information on preserving apples, look for Extension MontGuides on: Drying Fruit; Freezing Fruit; Home Canning Pressures and Processing Time; Making Jams, Jellies and Syrups. Visit www.msuetension.org/nutrition and click on the food preservation link or contact your Extension office.

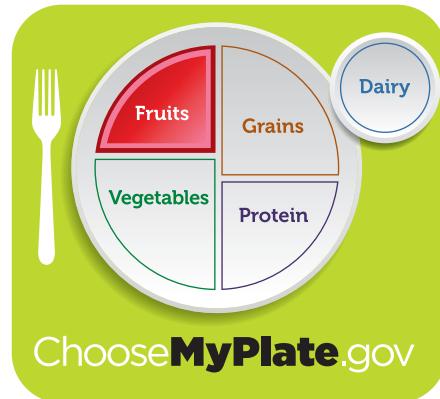
Adapted from the Apple Food Fact Sheet developed by Montana State University Extension. For the full fact sheet and other resources, visit: www.msuetension.org/nutrition.

Dig Deeper

For sources and photo credits along with more recipes, lessons, quick activities, resources, and guides, visit: mtharvestofthemonth.org.

Nutrition Information

The saying "an apple a day keeps the doctor away" has truth to it. Apples are a good source of fiber and contain vitamins and minerals such as vitamin C and potassium. 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.



4 Montana Harvest of the Month: Apples



The Montana Harvest of the Month program showcases Montana grown foods in Montana schools and 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, Montana Department of Agriculture, Montana Organic Association, and FoodCorps Montana. More information and resources are available at: mtharvestofthemonth.org

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