

9-1940

EC1222 Apples : Uses and Values

Follow this and additional works at: <http://digitalcommons.unl.edu/extensionhist>

"EC1222 Apples : Uses and Values" (1940). *Historical Materials from University of Nebraska-Lincoln Extension*. 2428.
<http://digitalcommons.unl.edu/extensionhist/2428>

This Article is brought to you for free and open access by the Extension at DigitalCommons@University of Nebraska - Lincoln. It has been accepted for inclusion in Historical Materials from University of Nebraska-Lincoln Extension by an authorized administrator of DigitalCommons@University of Nebraska - Lincoln.

585
E7
#1222 B
C.1

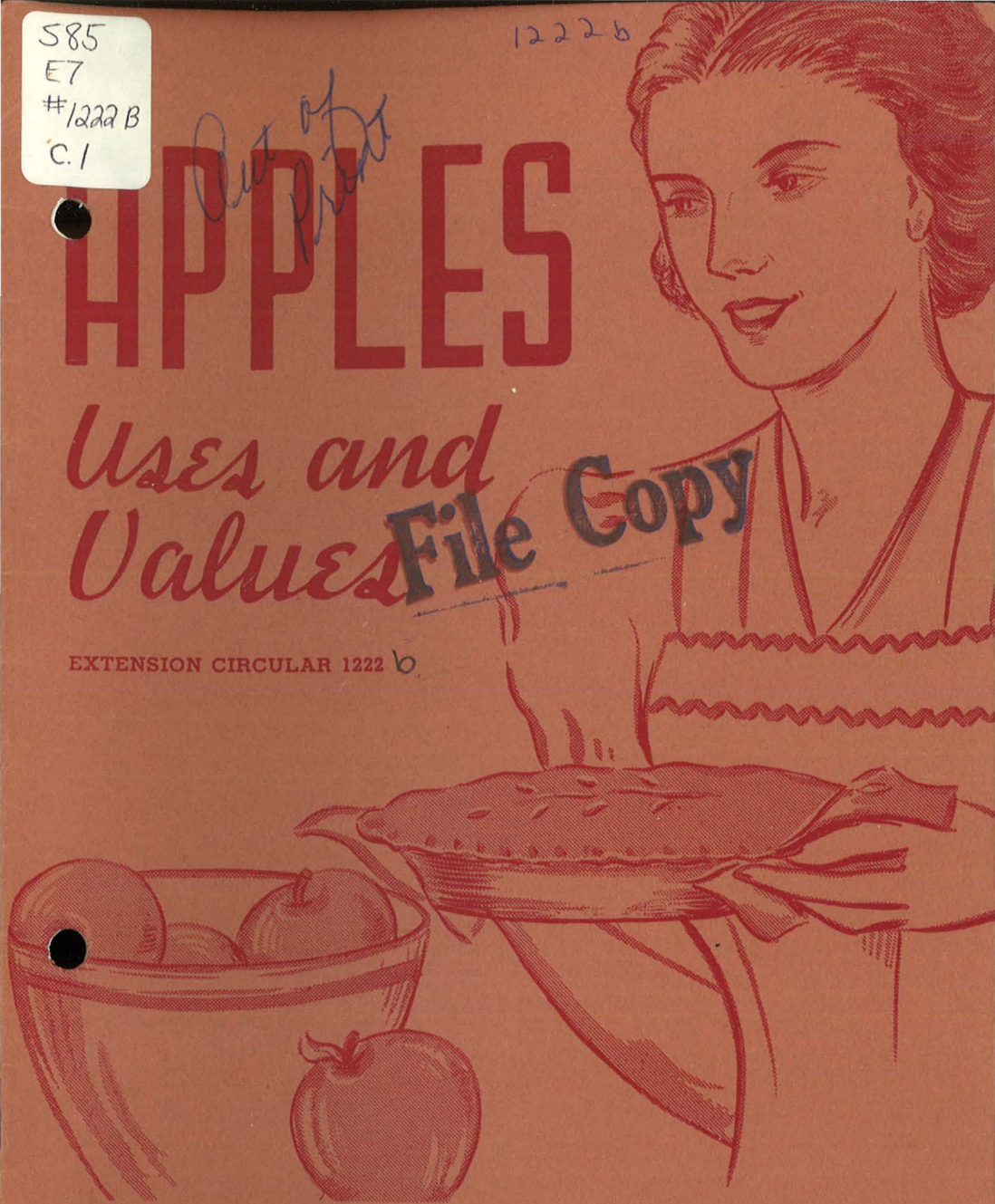
1222 b

Out of Print

APPLES

Uses and Values **File Copy**

EXTENSION CIRCULAR 1222 b



Extension Service of the University of Nebraska
College of Agriculture—W. H. Brokaw, Director,
Lincoln, Nebraska—The United States Depart-
ment of Agriculture Cooperating.

Apples. Apples aren't just apples. There are over 500 varieties offering a wide range of refreshing flavors. Some varieties are all-purpose apples—such as Stayman, McIntosh, Grimes Golden, Jonathan, Northern Spy. Some are best when eaten raw—Delicious, Golden Delicious, Yellow Newton. Some are excellent for cooking—Stayman, York Imperial, Rhode Island Greening, Northwestern Greening, Arkansas Black, Rome Beauty, Jonathan, McIntosh and Winesap. Of the cooking apples, Rome Beauty, Stayman and Arkansas Black are especially recommended for baking.

Leading Apple Varieties in Nebraska

Always use apples in the proper season. Before they are mature they are hard and starchy. After passing maturity they lose their flavor, break down, and then decay. Apples keep best in a cool moist place.

SEASON	VARIETY	EATING	BAKING	PIES	SALAD	JUICE
July-Aug. 10	Duchess	Tart	Fair	Good	Fair	Excellent
Aug.-Sept. 5	Wealthy	Good	Fair	Good	Good	Excellent
Sept.-Dec.	Grimes	Good	Good	Good	Good	Excellent
Sept.-March	Jonathan	Excellent	Excellent	Excellent	Excellent	Good
Oct.-March	Red Delicious	Excellent	Fair	Fair	Excellent	Good
Oct.-March	Golden Delicious	Excellent	Good	Good	Excellent	Good
Oct.-Jan.	King David	Good	Good	Good	Good	Good
Nov.-Feb.	Virginia Beauty	Very Good	Fair	Good	Good	Good
Nov.-March	York Imperial	Fair	Good	Good	Fair	Good
Dec.-May	Winesap	Good	Good	Good	Good	Good
Dec.-March	Black Twig	Good	Good	Good	Good	Good
Dec.-June	Missouri Pippin	Poor	Good	Good	Poor	Good

CIRCULAR 1222

SEPTEMBER 1940

The Nebraska State Horticultural Society has cooperated with the Extension Service of the University of Nebraska College of Agriculture in the publication of this circular. It has been prepared by E. H. Hoppert, Extension Horticulturist, and approved by the Department of Home Economics of the University.

Apples—Uses and Values

Apples are Healthful

For many centuries apples have been used as food—and deservedly so. They are delightful in flavor and appearance and are rich in many of the essential food elements.

They contain Vitamin A, which is valuable for growth and resistance to infection of eyes and throat. In content of Vitamin A apples are comparable with oranges.

Apples also contain Vitamin B, which aids the appetite and digestive tract and prevents nervous irritability.

Especially valuable is the high content of Vitamin C, which prevents scurvy, bleeding gums, loss of appetite, and fatigue. Two Winesap or Black Twig apples or three Golden Delicious or King David apples will supply the daily needs of an adult. Five medium-sized Red Delicious or Jonathan apples would be required. Apples are thus an important source of this vitamin, if eaten raw. Cooking tends to destroy the vitamin.

Likewise apples are valuable as a source of Vitamin G. This vitamin promotes a high degree of positive health and postpones the onset of symptoms of old age. It also promotes the growth of hair and tends to prevent cataracts. Apples are comparable with oranges in Vitamin G.

Apples contain iron and calcium in a form that is easily absorbed through the digestive tract.

Pectin is plentiful in most kinds of apples. It has the power to absorb moisture and with it various toxic substances in the intestinal tract. It helps relieve constipation. Immature apples contain more pectin than mature apples and are a well-known cause of stomach cramps in children. Physicians commonly use grated mellow apples or apple powder in treating dysentery, chronic dyspepsia, stomach ulcers, and other intestinal disorders.

Apples may be eaten without worry by people who are overweight. There are only 300 calories in a pound. Diabetics need not fear the sugar in apples because it is insufficient to add to their difficulties.

The texture of raw apples requires beneficial exercise of the teeth, gums, and jaws. Such exercise promotes health of the gums and teeth.

Decorative and Appetite Appeal

Apples are cool, crisp, crunchy, and juicy. They are rich in color and beautiful in form—thus useful in decoration. Ripe apples have a delightful odor and are pleasant to handle. They have their place not only in decoration, in cookery, and in the afternoon or evening lunch, but also in games and legends.

Variety of Uses

No other fruit can be used in so many different ways. They may be eaten raw or cooked, made into jams or jellies, candied, dried, or canned, prepared as fresh apple juice or made into cider or vinegar, and the skins may be used to make pectin. The thrifty housewife likes apples because she can make so many different appetizing dishes with them and she finds much less waste than with other fruits.

Storing Apples

Apples can be stored the entire winter if sound unbruised specimens of the right variety are placed in a cool moist place. (*For storage period of different varieties see inside front cover.*)

Handle the apples carefully. Bruising results in decay.

Sort out blemished fruits for immediate use. Store only the sound fruits.

A cellar room away from the furnace is a good place, if it has a window for ventilation. Moist air is needed to reduce shriveling. If the room is too dry, sprinkle water on the floor every week or two.

Store apples in a room apart from vegetables like potatoes or onions as the fruit absorbs the vegetable flavors. Dirty containers or poorly ventilated cellars cause musty tainted apples. Wrapping the individual fruits in oiled or waxed paper prevents storage scald, shrivelling and the absorption of undesirable odors and flavors.

APPLE RECIPES

There are many hundreds of ways of preparing apples. Some apple dishes are especially delightful for breakfast, others are better suited for dinner or supper, and still others for luncheons. There are recipes for the different courses of the meal. The following pages contain a few of the outstanding recipes for the various courses.

Cooking tends to destroy Vitamin C in fruits and vegetables. Use these precautions to reduce the loss to a minimum: (1) Use as little water as possible. (2) Heat rapidly to boiling point. (3) Don't stir air into apples while cooking. (4) Don't put through a sieve while hot. Baking preserves a maximum of vitamin content.

MAIN COURSE

Stuffed Pork Chops with Apples

- | | |
|------------------------------|--------------------------------|
| 3 tart red apples | 1 T. minced onion |
| 6 rib pork chops (1½" thick) | Few sprigs of parsley, chopped |
| 1 c. fine dry bread crumbs | ½ t. savory seasoning |
| ¼ c. chopped celery | Salt and pepper to taste |
| 1 T. fat | |

For the stuffing cook the celery, onion, and parsley in the fat for a few minutes, add the bread crumbs and seasonings, and stir until well mixed. Cut pocket in each chop by slicing from the outer edge toward the bone. Sprinkle the chops with salt and pepper and rub lightly with flour. Sear the chops in a hot skillet. Then fill each chop with stuffing and skewer the edges together with toothpicks. Lay the stuffed chops on a rack in a baking dish or pan with cover. On the top of each chop, place cut side down, one-half of an apple which has been cored but not pared. Cover, and bake in a moderate oven 350° to 375°F. for about 45 minutes, or until the meat is tender. Lift the chops and apples together from the baking dish onto a hot platter, remove the toothpick skewers, and serve at once.

Apple Stuffing

- | | |
|----------------------|----------------------------|
| 5 tart apples, diced | ¼ c. chopped parsley |
| ¼ c. diced salt pork | ½ c. sugar |
| ½ c. chopped celery | 2 c. fine dry bread crumbs |
| ½ c. chopped onion | |

Fry the salt pork until crisp, and remove the pieces from the skillet. Cook the celery, onion, and parsley in the fat for a few minutes and remove them. Put the apples into the skillet, sprinkle with the sugar, cover, and cook until tender; then remove the lid and continue to cook until the juice evaporates and the pieces of apples are candied. Add the other ingredients to the apples. Pile the hot stuffing between pairs of spareribs, skewer them together, and bake. Or use in stuffing boned shoulder of fresh pork or roast duck.

Scalloped Apples and Sweet Potatoes

- | | |
|--|---|
| 4 medium-sized apples pared
and cored | $\frac{1}{2}$ c. sugar
$\frac{1}{2}$ t. salt |
| 3 medium-sized sweet potatoes | 3 T. butter or other fat |

Cook the sweet potatoes in boiling water until tender; cool, and skin. Slice the sweet potatoes and apples and place in alternate layers in a greased baking dish. Sprinkle each layer with sugar and salt, and dot with butter. Add a little water and bake for 30 to 45 minutes, or until the apples are soft and the top layer is brown. Serve in the baking dish.

Apples Stuffed with Sausage

Pare and core apples. Fill cavity with pork sausage, either in links or in bulk. Allow a generous amount of sausage to each apple. Any excess that cannot be stuffed into the apple may be put on the top or around the apple. Bake until the apples are soft and the sausage thoroughly cooked. This may be used as a luncheon main dish.

SALAD COURSE

Cider Gelatin Salad

- | | |
|--|--|
| $2\frac{1}{2}$ c. clear cider | $\frac{1}{4}$ t. salt |
| 2 T. gelatin | 1 T. finely chopped parsley or
green pepper |
| 1 c. chopped apples | |
| $\frac{1}{3}$ c. finely chopped celery | $\frac{1}{4}$ c. chopped nuts |

Soak the gelatin in one-half cup of the cold cider. Heat the remainder of the cider to the boiling point, pour into the gelatin, stir until dissolved, strain and chill. When the gelatin mixture begins to set, stir in the other ingredients and pour into individual molds, which have been rinsed in cold water. When set, turn out on lettuce or cress and serve with French or mayonnaise dressing. Crackers sprinkled with grated cheese and toasted go especially well with apple salads.

Cinnamon Apple Salad

A delicious salad may be made with cinnamon apples. These are prepared by poaching whole pared and cored apples in a syrup made from one cup of cinnamon candies (red hots), $2\frac{2}{3}$ cups boiling water, and $\frac{1}{2}$ cup granulated sugar. This results in a beautiful rosy apple that may be chilled and stuffed with cream cheese and nut meats.

Jellied Apple Sauce Salad

- | | |
|--|--------------------------------|
| 2 c. tart apple sauce | $\frac{1}{2}$ c. nut meats |
| 1 T. gelatin in $\frac{1}{4}$ c. water | $\frac{1}{4}$ c. sliced olives |

Melt gelatin in small amount of water and add to sauce. Add sliced olives and chopped nuts. Chill until firm.

Apple and Date Salad

Cut apples in long strips. Cut dates in similar strips, using a fourth as much date as apple. Serve on lettuce with French or mayonnaise dressing.

DESSERT COURSE

Apple Crisp

- | | |
|--------------------------------|-----------------------------|
| 2 c. sliced apples | $\frac{1}{2}$ c. shortening |
| $\frac{1}{2}$ t. cinnamon | $\frac{3}{4}$ c. flour |
| $\frac{1}{2}$ c. water | $\frac{1}{4}$ t. salt |
| $\frac{7}{8}$ c. sugar (brown) | |

Wash, pare, core, and slice apples. Place in a greased baking dish. Add cinnamon, water, and $\frac{1}{2}$ c. sugar. Mix the remainder of the sugar with the shortening and flour until mixture is crumbly. Sprinkle this over the apples; bake in a moderate oven for about one hour. Serve the pudding hot with cream, hard sauce, or ice cream as a topping.

Apple Sauce Cookies

- | | |
|-----------------------------|------------------------------|
| $\frac{1}{4}$ c. shortening | $\frac{1}{2}$ t. salt |
| 1 c. sugar | $\frac{1}{4}$ t. soda |
| 1 egg | 1 t. baking powder |
| 2 c. flour | 1 c. thick unsweetened apple |
| $\frac{1}{2}$ t. cinnamon | sauce |
| $\frac{1}{4}$ t. cloves | |

Cream shortening, add sugar gradually, stirring continuously. Whip in egg. Mix dry ingredients thoroughly and add alternately with the apple sauce, adding flour first and last. Drop from a spoon on a buttered cookie sheet about 2 inches apart. Bake until nicely browned in a 350°F. oven. Remove the cookies with a spatula before they cool. One-half cup raisins or nut meats, or a mixture of the two, may be added.

Apple Sauce Cake

- | | |
|--------------------------------|-------------------------|
| 1 c. sugar | 1 t. cinnamon |
| $\frac{1}{2}$ c. butter | $\frac{1}{2}$ t. cloves |
| 2 c. flour | $\frac{1}{2}$ t. salt |
| 1 egg | 1 t. soda |
| 1 c. apple sauce (unsweetened) | 1 c. seedless raisins |

Cream butter and sugar; add spices. Dissolve soda in warm water and stir into apple sauce. Add the last to first and then flour, egg, etc. Bake in loaf slowly about 45 minutes.

Apple Pie

- | | |
|-------------------------------------|-------------------------------|
| 6 to 8 apples (tart) | 1 to 1 $\frac{1}{2}$ c. sugar |
| $\frac{1}{2}$ T. flour | 1 $\frac{1}{2}$ T. butter |
| $\frac{1}{8}$ t. cinnamon or nutmeg | |

Plain Pastry

- | | |
|---|--------------------------------|
| 1 $\frac{1}{2}$ c. all-purpose flour or | 6 T. fat (cold) |
| 2 c. pastry flour | $\frac{1}{4}$ cup water (cold) |
| 1 t. salt | |

Sift salt and flour. Add the cold fat. Lightly and quickly break the fat into particles the size of a bean or pea. This may be done with fingers or knives. Sprinkle water by tablespoons over dry ingredients and with aid of a fork toss as much dry flour on moistened flour as possible. Distribute water evenly, until whole mixture is dampened. Press dough together lightly and divide into two parts for lower and upper crust. Chill in refrigerator or cold place.

Directions for Making Pie

Wash, pare, core and slice baking apples. To apples add sugar and flour and mix well. Arrange to have oven hot (450°F.) when ready with pie. Roll lower crust to $\frac{1}{8}$ inch thickness and cover pie plate with pastry. Add apples mixed with sugar and flour and moisten rim of bottom crust. Dot mixture with butter. Cover with perforated top crust, being careful to seal crusts at joinings. Bake pie at 450°F. for 15 to 20 minutes; then decrease heat to 400°F. and bake for 30 minutes or more until crust is golden brown and apples are tender. Serve warm with well-flavored cheddar cheese if desired.

Frozen Applesauce Cream

Season 1 cup strained applesauce, well sweetened, with dash each of cinnamon and nutmeg; add 1 teaspoon butter, melted, 2 teaspoons lemon juice, and 2 tablespoons syrup with preserved ginger, and chill thoroughly. Fold in 1 cup heavy cream, whipped. Turn into freezing tray of automatic refrigerator and freeze 2 to 4 hours, or until firm. Approximate yield: 1½ pints.

Apple Strudel

2 c. flour	Melted butter
$\frac{1}{2}$ c. butter	1 to 1½ qts. tart apples
1 egg	$\frac{3}{4}$ c. sugar
$\frac{1}{2}$ to $\frac{3}{4}$ c. water	$\frac{1}{4}$ t. cinnamon

Combine flour and butter on a board. Work in egg and water, enough to make a dough that comes off the board clean. Cover and let stand 30 minutes. Roll dough on well-floured cloth. Stretch so it becomes thin as paper but does not break. Sprinkle with melted butter. Wash, pare, core, and chop tart apples. Mix apples with sugar and spice, if used, and spread on dough. Roll the dough like a jelly roll, by lifting edges of cloth. Press edges and ends together. Place in a buttered pan and sprinkle with sugar. Bake at 400°F. until nicely browned and apples are tender. Serve warm or cold.

Apple Dumplings Supreme

2 c. flour (all-purpose)	$\frac{3}{8}$ c. milk
2 t. baking powder	1 T. butter, melted
1 t. salt	1 t. cinnamon
2 T. butter	2 T. brown sugar
1 T. lard	3 large tart apples (chopped)

Sauce

1 c. white sugar	1 T. butter
1 c. brown sugar	1 c. water
$\frac{1}{2}$ t. salt	$\frac{1}{2}$ lemon sliced thin

Sift together flour, baking powder, and salt. Mix lard in dry ingredients to a meal consistency. Add milk all at once and stir with fork as for baking-powder biscuits. Roll to $\frac{1}{2}$ inch thickness. Brush with melted butter and sprinkle with cinnamon and brown sugar and spread with chopped apples. Roll as for jelly roll, cut, place in a buttered pan cut side up. Make a sauce by combining the sauce ingredients and cooking, omitting the lemons until the syrup is made. Pour the sauce over the top of dumplings. Bake in a hot oven (425°F.) for 25 minutes.

Apple Nut Bread

<i>Cream together:</i>	½ t. baking powder
¼ c. shortening	¼ t. salt
1 egg	½ c. nuts
¾ c. sugar	2 c. flour
<i>Add:</i>	½ t. soda
⅔ c. apple sauce (unsweetened)	3 T. sour milk

Bake 45 minutes in moderate oven (350°F.).

Graham Cracker Pie Crust

18 graham crackers	½ c. soft butter (not melted)
¼ c. sugar	

Roll crackers fine. Mix to a moist paste with sugar and butter. (Add no liquid.) Pat mixture in a pie tin, pressing down firmly in bottom and on sides. Fill with filling.

French Apple Pie

Fill graham cracker shell with strained and sweetened apple sauce, seasoned with cinnamon, and bake 20 minutes. Spread whipped cream on top if desired.

Apple and Cranberry Betty

1 c. bread crumbs, lightly packed	¾ t. nutmeg
3 large green apples	3 T. butter
1 c. brown sugar	2 c. cranberries

Brown the crumbs in a moderate oven (350°F.). In a casserole, place a layer of sliced apples, add ½ the sugar and nutmeg, and dot with butter. Add ½ the bread crumbs and a layer of cranberries. Repeat, ending with crumbs. Dot with butter. Bake 1 hour in a moderate oven. Serve hot with dessert sauce. Serves six.

CONFECTIONS

Honied Apples

4 c. apples	6 c. sugar
-------------	------------

Pare and core juicy apples with a good flavor. Put through the coarse part of the meat chopper. Add sugar. Simmer gently until of the consistency of honey. Then seal in glass jars.

Chocolate-Coated Candied Apples

3 tart, firm apples	½ c. water
1 c. sugar	¼ t. salt
1 c. honey	Chocolate for dipping

Boil together the sugar, honey, water, and salt for a few minutes. Wash, core, and pare the apples, cut into half-moon shaped pieces about half an inch thick, drop into syrup, and cook rapidly until the apples are transparent and practically all the syrup is absorbed. Lift onto waxed paper to dry. Break up cake chocolate made especially for dip-

ping candies, and put into shallow dish over hot water. As soon as the chocolate begins to soften, remove from the hot water, and stir the chocolate with the fingers until it is all melted. Dip the pieces of apple into the melted chocolate until well coated, and place on waxed paper to dry. Pack the apple candies in layers between sheets of waxed paper.

CANNED PRODUCTS

Cider Apple Butter (about 2 pints)

5 c. apple butter	2 T. lemon juice
1 c. cider	1 t. cinnamon
$\frac{1}{4}$ t. salt	2 $\frac{1}{2}$ c. sugar

Place all ingredients in preserving kettle and simmer until thick and clear, or about 30 minutes, stirring often. Pour into hot sterilized glasses and seal at once. Any tart fruit juice or water may be used in place of cider. The apple pulp left after extraction for jelly may be used. Some may enjoy the butter cooked longer than 30 minutes, or cooked until quite dark.

Pickled Apple

8 apples	
$\frac{3}{4}$ c. brown sugar	1 large stick cinnamon
$\frac{1}{2}$ c. vinegar	Whole cloves

Boil sugar, vinegar, and cinnamon for 5 minutes. Stick cloves in apples and cook until tender and clear.

Cider Apple Butter

Boil 7 gallons of apple cider until the volume is reduced to 1 gallon. To this syrup add apple sauce to make the right thickness. Sugar and spice to taste.

Use Nebraska Apples

Nebraska grows fine apples in the Loess hills along the Missouri and Patte rivers. They do not reach the size and color of the irrigated apples of the west, but they are more highly flavored and not nearly so coarse and thick-skinned. Nebraska Jonathans keep better in storage than do irrigated western Jonathans.

At harvest time apples are generally cheaper than they are after the crop is packed and stored. Canning apples (windfalls and apples with blemishes that are not permitted in the regular packed grades) sell for about one-fourth the price of the packed apples. These can be used for mince meat, apple butter, canned apples, and apple sauce if obtained immediately. The thrifty way is to make up a joint order among neighbors and friends, hook up a light trailer to the family car, drive down to the orchard section, and deal directly with the grower. The cost of the trip can be prorated to each bushel brought back. Most of the orchards are on graveled or paved roads.

There are commercial orchards near Union, Nebraska City, Peru, Brownville, Shubert, Nemaha, Falls City, Verdon, and Rulo in southeastern Nebraska, near Omaha, Florence, and Arlington in east central, and near Doniphan, Gibbon, Newark in central Nebraska. There may be other orchards nearer home that produce a surplus of apples.

You can save an additional sum by taking your own containers. New bushel baskets and liners cost the grower about fifteen cents.

Harvest Season

The dates of harvest vary somewhat with the season and with the variety and region. The dates for the southeastern region are given below. In the central and in the east central regions the dates would be 4 or 5 days later for each variety.

Wealthy	Aug. 5-20	Virginia Beauty.....	Oct. 1-10
King David.....	Sept. 5-Oct. 1	Golden Delicious.....	Oct. 10-20
Grimes.....	Sept. 10-25	Gano.....	Oct. 15-25
Jonathan.....	Sept. 15-Oct. 1	Winesap.....	Oct. 15-Nov. 1
Red Delicious.....	Sept. 25-Oct. 5	Black Twig.....	Oct. 15-Nov. 1
York Imperial	Oct. 1-15	Missouri Pippin.....	Oct. 20-Nov. 5