

1965

## EC65-941 Let's Use Apples!

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LET'S USE



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Apples have long been a favorite food. They are colorful, tasty and easy to use. Raw apples are good to eat, or they can be used in salads and desserts with cheese or nuts. Applesauce and apple pie are favorite ways to serve them cooked or baked.

EXTENSION SERVICE  
UNIVERSITY OF NEBRASKA COLLEGE OF AGRICULTURE AND HOME ECONOMICS  
AND U. S. DEPARTMENT OF AGRICULTURE COOPERATING  
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## Storing

Apples keep longer than most fruits. Before storing, sort them to remove those with bruises and blemishes so they can be used first or discarded. Wrapping individual apples in oiled paper will keep them fresh longer.

Apples may be kept for a short time in a covered container or in perforated plastic bags in the refrigerator. A cold place with temperature near 32 degrees and moist air is best for longer storage. Dry air absorbs moisture from the fruit and causes it to shrivel. Do not let fruit freeze.

## Selection

Choose firm, ripe apples with good color and flavor. Look for varieties the family likes and select apples that are suitable for your use. Some varieties are good for all purposes--cooking, baking whole and eating raw. Early summer apples are likely to be juicy, tart and quick cooking, and especially good for sauce or pie.

## Amounts to Remember

3 medium apples are in 1 pound.

1 pound apples makes 1 1/2 cups applesauce.

6 to 8 medium apples make a 9-inch pie.

1 bushel apples yields 32 to 40 pints canned apples.

## RECIPES

### Cinnamon Apple Salad

6 medium apples  
1/2 cup red cinnamon candies  
1/4 cup sugar  
2 cups water  
1 3-ounce package cream cheese  
2 tablespoons milk

1 teaspoon lemon juice  
10 dates, pitted and chopped  
1/2 cup crushed pineapple  
2 tablespoons chopped nuts  
Salad greens

Pare and core apples. Cook candies and sugar in water until dissolved. Add whole apples and cook slowly until transparent but not soft. Turn once during cooking. Chill in sirup several hours, turning once. Blend cream cheese, milk and lemon juice. Stir in dates, pineapple and nuts. Drain apples, stuff centers with cream cheese mixture and serve on salad greens. Makes 6 servings.

### Apple-Nut Pudding

1 egg  
3/4 cup sugar  
1/2 cup flour  
1 teaspoon baking powder

1/8 teaspoon salt  
2 cups chopped apple  
1/2 cup chopped nuts  
1 teaspoon vanilla

Beat egg until fluffy; add sugar gradually. Sift flour, baking powder and salt together and combine with egg mixture. Stir in chopped apples, nuts and vanilla. Pour into greased pan and bake at 350° for 35 minutes or until done. Serve warm or cool with whipped cream, ice cream or whole milk.

### Hot Spiced Cider

2 quarts apple cider  
2 teaspoons whole allspice

2 teaspoons whole cloves  
4 cinnamon sticks

Pour cider into large saucepan; add spices, tied loosely in square of cheesecloth. Cover; simmer 20 minutes. Remove spices. Serve hot with twist of orange peel in each cup.

## APPLES AND THEIR USES

Variety	Season	Eating and salads	Baking whole	Pie and sauce
Duchess	July - August			x
Delicious	October - March	x		
Golden Delicious	October - March	x		x
Grimes Golden	September - December	x		x
Jonathan	September - March	x	x	x
Rome Beauty	November - May		x	
Wealthy	August - September	x	x	x
Winesap	December - May	x	x	x
Yellow Transparent	July - August	x		x
Whitney Crab	August - September	x	Canning	Pickling