

October: National Apple Month

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Apples are one of the most popular fruits in the United States (US). Thirty-six states grow apples commercially. October is National Apple Month, the only national, generic apple promotion in the United States. Originally founded in 1904 as



National Apple Week, it was expanded to the entire month of October. Apples come in all shades of red, green and yellow. Apple varieties range in size from a little bigger

than a cherry, to as large as a grapefruit. Check out the following information on apple facts and how to eat them in safe and delicious ways.

Eating apples in safe and delicious ways:

Apple varieties & uses. There are about 2,500 varieties grown in the US. Golden Delicious, Red Delicious, Fuji and Granny Smith are typically available year round. Apples are great as a snack or cut up in a fresh salad. Many varieties are great for making



cooked products. Apples used in baking include Braeburn, Gala, Granny Smith, Golden

Delicious, Honeycrisp, and Honey Gold. Apples used in pies include Golden Delicious, Braeburn, Jonagold, Jonathan, and Granny Smith.

Apple nutrition facts. Apples are fat, cholesterol, and sodium free and a good source of fiber (soluble and insoluble) and vitamin C. It's a good idea to eat



apples with their skin. Almost half of the vitamin C content is just underneath the skin. Eating the skin also increases insoluble fiber content. One medium 2-1/2 inch apple, fresh, raw, and with skin has

approximately 81 calories. Nutritional value will vary depending on variety and size.

Preparing and serving produce safely. According to the Food and Drug Administration (FDA), you should wash raw fruits and vegetables very well



before you peel, cut, eat or cook with them. Wash your hands with hot soapy water before and after preparing food. Do not wash produce with soaps or detergents; this may leave residue on produce that is not safe to consume. Use clean potable cold water to wash items. After washing, dry with a

clean paper towel. This can remove more bacteria. Don't forget that homegrown, farmers market, and grocery store fruits and vegetables should all be well washed.

Prevent cut fruit from turning brown. Keep cut fruits, such as apples, from turning brown by coating them with an acidic juice such as lemon,



orange or pineapple juice. Or use a commercial anti-darkening preparation with fruits, such as Fruit-Fresh®, and follow the manufacturer's directions. Another method to

prevent browning is to mix them with acidic fruits like oranges, tangerines, grapefruit and other citrus fruit or pineapple. Prepare the acidic fruit(s) first. Then, cut the other fruits, mixing them with in the acidic fruit(s) as you prepare them.



For more food, nutrition and health information go to www.food.unl.edu or scan the QR code with your smart phone or other electronic device to go directly to the website.

Recipe ideas with Apples!

Yogurt Dip for Apples

- *Ingredients:* 1/2 cup plain or vanilla yogurt, 1/4 teaspoon cinnamon, 1/4 teaspoon vanilla extract, and 1 apple, sliced. Makes 1/2 cup dip.
- *Directions:* Combine yogurt, cinnamon and vanilla extract in small bowl. Dunk apple slices and enjoy! <http://go.unl.edu/8su>

Apple Yogurt Smoothie

- *Ingredients:* 2 cups low-fat vanilla yogurt, 1 granny smith apple, cored, peeled and diced, 1/2 cup orange juice, 1/2 cup ice, and 2 Tablespoons honey.
- *Directions:* Put all ingredients in a blender or food processor. Mix until smooth. Pour into 2 glasses. If desired, garnish with sliced almonds, julienne mint and 1/2 teaspoon honey.
<http://food.unl.edu/web/youth/drinks>

Additional Resources & Links:

- *Recipe Finder from Team Nutrition and USDA – Apple Recipes.*
http://healthymeals.nal.usda.gov/schoolmeals/Recipes/recipefinder.php?term=apple&search_type=text&mode=results&submit=Search+for+a+recipe
- *Tray-freezing Apple Slices for Multiple Uses.* Got an abundance of apples? If you'd like to freeze them, but you're not sure how you'll use them later, try "tray freezing" them as individual slices -- you can even leave the skins on. Tray frozen apples work best in cooked apple dishes.
<http://food.unl.edu/web/fnh/tray-freezing-apples>
- *Apples Anytime! Recipe Collection.* Following are four recipes so you can enjoy versatile apples anytime in your meals from salad to side dish to dessert!
<http://go.unl.edu/k07a>
- *Apple Recipes from UNL Extension and Buy Fresh, Buy Local.* Recipes in this brochure

include apple conserve, apple butter, and apple chutney. <http://go.unl.edu/fdie>

- *Canning & Freezing Apples.* This brochure from UNL Extension and Buy Fresh, Buy Local includes instructions on freezing apples, canning sliced apples, and syrups for canning fruit.
<http://go.unl.edu/ueip>

Sources:

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6. Nutrition Education Program (NEP). Fruit and Vegetable Fact Sheets. UNL Extension in Lancaster County. Accessed Sept. 2013. Accessed at: <http://lancaster.unl.edu/nep/fruvegbw.pdf>

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