



Give Your Family More of the Good Stuff!



Apple Basics

Shop and Save

- Apples are harvested between July and November, but are available year-round.
- During harvest time, apples may be cheaper and may taste fresher.
- Look for apples that are firm and do not have broken skin, bruises or soft spots.

Wash apples:
rub the skin under
running water

Apples provide vitamin C, potassium and fiber.
Eat the peel for more fiber.



Store Well
Waste Less

- Whole apples stored at room temperature are best quality for a few days. Apples kept in the refrigerator in a crisper drawer or open plastic bag are best quality for up to 6 weeks.
- Apples that are starting to shrivel can be used in cooking.
- Apples tend to brown after they are peeled or cut. Browning is not harmful. To keep cut apples looking fresh for a few hours, dip the cut pieces in lemon or orange juice and refrigerate in a covered container or closed plastic bag.
- Refrigerating cut apples in a container of water also keeps them white, crisp, and ready to eat.

Types of Apples

 Here are some common types:

Type	Taste	Best Use
Braeburn	Juicy yet firm and crisp	Eating fresh or baking
Fuji	Firm, crisp, tart, and slightly sweet	Eating fresh or baking
Gala	Crisp and sweet	Eating fresh
Golden Delicious	Sweet, mellow flavor	Eating fresh or baking
Granny Smith	Tart and juicy	Eating fresh or baking
Red Delicious	Crunchy and mildly sweet	Eating fresh

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon SafeNet at 211. USDA is an equal opportunity provider and employer.

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