APPLES

DID YOU KNOW?

When you buy apples in large numbers keep them in a well-ventilated, cool, dark place; if possible spread them out so they are not touching each other.

Substitute applesauce for oil in many baked goods to cut fat and calories. This works especially well with muffins and brownies.

Gilmer County is the Apple Capital of Georgia.

A rough brown patch on apples is not a sign of spoilage; this is known as “russeting.”

2/3 Two-thirds of the fiber is in the apple’s peel.

October is national apple month!

APPLES

FRESH AND HEALTHY

Although apples are available in the store year round, the growing season in Georgia begins in late July and continues through the fall. Apples can be served any time of the day in a variety of ways. Grab a farm fresh apple for a fast snack.

Best Time to Buy:
August - November

Apples Benefit U

- Free of fat, cholesterol & sodium
- Contains iron, calcium, vitamins A and C
- High in dietary fiber
- Healthy source of antioxidants

1 large apple = 130 calories
3 medium apples = 1 pound apples = 3 cups diced apples

Add Color to Your Meal

- Garnish a green salad, cole slaw or tuna salad
- Serve with cheddar cheese
- Add to poultry or pork for flavor
- Bake; serve with cinnamon and yogurt for dessert
- Top a bowl of breakfast cereal

APPLES

RECIPE CORNER

Georgia Waldorf Salad

1 teaspoon lemon juice
2 ½ cups diced apples
1 cup celery, chopped
½ cup chopped pecans
1 tablespoon sugar
½ cup low-fat vanilla yogurt
2 tablespoons fat-free mayonnaise

1. Drizzle lemon juice over diced apples; toss well. Mix in celery and pecans.
2. Blend together sugar, low-fat yogurt and mayonnaise. Fold into apple mixture and chill.

Nutrition Facts
Serving Size 1/5 of recipe 126g (125 g)
Servings per container 5

Amount Per Serving	
Calories 136	Calories from Fat 69
	% Daily Value*
Total Fat 8g	13%
Saturated Fat 1g	4%
Trans Fat 0g	
Cholesterol 1mg	0%
Sodium 78mg	3%
Total Carbohydrate 16g	5%
Dietary Fiber 3g	12%
Sugars 12g	
Protein 2g	
Vitamin A 3% • Vitamin C	7%
Calcium 5% • Iron	2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

FAST FACTS

SELECTION

Choose apples that are blemish-free and firm. Handle gently to prevent bruising. When baking with apples, choose an all-purpose apple such as a Golden Delicious, or one specified as a baking apple.

STORAGE

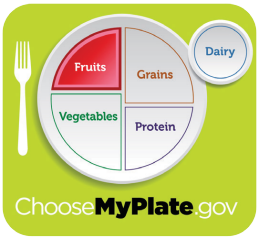
Apples can absorb the flavor of other products. Refrigerate them in a plastic bag away from foods with strong odors. Refrigeration will slow the ripening process of apples.

PREPARATION

Rinse under cool running water before serving. To prevent sliced apples from turning dark, cover with one of the following: 1 part lemon juice to 3 parts water, vitamin C fortified 100% apple juice or a commercial anti-darkening product.

PRESERVATION

Dry Pack Freezing: To prevent darkening, dissolve ascorbic acid in water and sprinkle over sliced apples. Pack apples into a container and press fruit down, leave headspace and seal.



Released by Family & Consumer Science Agents:
V. Renee Dotson, Gilmer County
Lisa D. Jordan, Chatham County
Janet C. Hollingsworth, Southeast District PDC

In collaboration with:
Eddie Ayers, Agriculture and Natural Resources Agent/Gilmer and Fannin Counties

Edited by:
Judy Harrison, Ph.D., Professor of Foods and Nutrition/Extension Foods Specialist
Dr. Alison Berg, RD, LD, Assistant Professor Foods and Nutrition Extension Nutrition and Health Specialist

extension.uga.edu

Temporary Publication 112-5 **April 2020**

Published by the University of Georgia in cooperation with Fort Valley State University, the U.S. Department of Agriculture, and counties of the state. For more information, contact your local UGA Cooperative Extension office.

For more information contact:

1.800.ASK.UGA1

UNIVERSITY OF GEORGIA
EXTENSION