

Harvest of the Month

JANUARY



Over 120 varieties of apples are grown in New England. Apples that ripen later in the season, such as Red Delicious, Braedurn, and Crispin can be stored for a longer time.

It takes about 36 apples to produce one gallon of apple cider.



APPLES in Massachusetts

Apples are harvested from mid-July through October. They are the perfect New England storage crop. Many farms place apples in “controlled atmosphere” storage, which keeps them firm and tasting like the day they were picked.

Apple Pointers

- Look for apples that are firm and have no bruises or soft spots.
- Store apples at room temperature for up to 7 days. In the refrigerator, apples may keep for up to 3 months. Do not store apples in a closed bag.
- Prevent sliced apples from browning with lemon or lime juice.

Nutritional Benefits

Apples are a sweet and crispy fruit high in vitamin C, potassium, and fiber. One small apple is equivalent to about a cup of fruit.

Enjoying Apples

From sweet to sour, apples are typically eaten raw for a snack. The sweetness of apples makes them a great addition to salads and sandwiches. They are also a good ingredient to use when baking. They add moisture, nutrient value, and of course, great flavor!

Apple Pie in a Glass

Serves 4

Fruits & Vegetables: $\frac{3}{4}$ cup per serving

- 1 cup milk, non-fat or low-fat
- 1 cup vanilla yogurt, non-fat or low-fat
- 2 large apples, peeled and cored
- $\frac{1}{2}$ teaspoon cinnamon, ground
- 1 handful of ice cubes

1. Wash and peel apples. Remove the core and seeds and cut apples into 1-inch cubes.
2. Put all ingredients in a blender and blend for 1 minute.
3. Serve immediately.

Nutrition Facts: (made with non-fat yogurt)

Serving size: 1 cup; Calories: 90; Carbohydrates: 18 g; Fiber: 1 g; Fat: 0 g; Saturated Fat: 0 g; Sodium: 65 mg

Source: Adapted from Arizona Nutrition Network



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