

HARVEST OF THE MONTH

GALA APPLES

OCTOBER

Gala apples have stripes and are orange in color. They are sweet and not too tart, which makes them a popular snack. They rank No. 2 out of the Top 10 apples grown in the United States.

STORAGE

- Apples are best stored at 32 °F with a relative humidity of 90% and some air circulation. Under these conditions, apples are acceptable for up to 3 months. Apples stored at general refrigeration temperatures below 41 °F will have an approximate shelf life of up to 20 days.
- Apples may be held in dry storage for up to 7 days.
- Apples will pick up odors if stored with certain foods that produce them, especially onions and potatoes.
- Apples produce ethylene. Store apples away from ethylene sensitive products such as bananas, broccoli, carrots, cucumbers, leafy greens, lettuce and sweet potatoes.
- A perforated plastic bag works best, as it allows some of the moisture to escape while keeping the apples crisp.



+ BENEFITS

Gala apples are a significant source of antioxidants, which may help lower the risk of heart disease, diabetes and cancer. They are a good source of vitamin C and dietary fiber. Gala apples possess pectin — a natural fiber — which has been shown to reduce cholesterol and help prevent heart disease.

Talking to Students about Fiber

Fiber is a carbohydrate that promotes digestive health.

✓ SELECTION

- Select Gala apples that are smooth-skinned, deeply colored and glossy.
- When ripe, Galas will be golden yellow with slightly pinkish orange stripes.
- Waxing is a normal part of apple processing and is not a food safety concern.

🧺 PREPARATION

- Wash apples under cold, running water prior to serving.
- Rinse and dry Gala apples before eating or using them as a cooking ingredient.
- Like other apples, Gala apples can be eaten plain, made into sauce or jelly, or they can be included in salads, meat dishes, pies and desserts.
- Dip or coat sliced apples with an acidic solution of 1 part lemon juice to 3 parts water or use an appropriate commercial product according to the manufacturer's instructions to prevent browning in apples cut on-site.

🍴 TASTING TIP

Avoid forcing children to try new foods.



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