

"Live. And Learn."

**Cass County**

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For Immediate Release

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Get to Pickin' –Apple Season is here!

One of my fondest memories with my children is picking apples at a local orchard. My son, Karter, would take a bite from every apple, if I didn't keep an eye on him. The children would chase each other, argue who had found the best apple and then fall asleep on the drive home after a full afternoon. We have several apple orchards to select from in our area, so plan an afternoon out to enjoy our great fall weather.

Apples aren't bursting with vitamins and minerals like other fruits, though they do provide a bit of vitamin C and potassium. However, they are loaded with pectin, a cholesterol-lowering soluble fiber. One medium apple – with the skin on – provides five grams of fiber! Apples also contain antioxidant properties – this may be their secret weapon against disease. To get the most benefit, don't peel your apples.

Most people choose apples based on what they like to eat fresh, but when you're selecting apples for future use (i.e. pie baking, freezing, canning, etc.) then you need to know a bit more information.

University of Missouri Extension has a great publication *Apple Varieties and Their Uses* (publication #6022). This user-friendly guidesheet shares tips for selecting apple trees to grow; harvesting tips and guidelines for each variety; positive and negative traits for each variety; and a list of primary uses for each variety.

Best varieties for fresh eating: just about any variety you like.

Best varieties for sauce, pies and baking: Arkansas Black, Cortland, Empire, Golden Delicious, Granny Smith, Jonathan, Liberty, Lodi, Mutsu, Northern Spy, Ozark Gold, Rome Beauty, Spartan, Winesap and York.

Best varieties for salad use (these resist browning when cut): Cortland, Golden Delicious, Granny Smith, Mutsu

Best varieties for freezing: Empire, Golden Delicious, Jonathan, Liberty, Mutsu, Spartan.

#### Quick Tip:

Apples last up to 10 times longer when stored in the refrigerator



For more information or to receive your free copy of Guidesheet #6022, call your local University of Missouri Extension Center at 816-380-8460 or contact this faculty member directly at [Mills-GrayS@ Missouri.edu](mailto:Mills-GrayS@Missouri.edu)

#### Scalloped Virginia Apples

4 - 6 large Golden Delicious apples  
1/4 teaspoon allspice  
1-1/2 teaspoons lemon juice  
1/2 cup water

1 tablespoon fine bread crumbs  
2 tablespoons granulated sugar  
1 tablespoon butter or margarine  
2 tablespoons brown sugar  
Sprinkle of nutmeg  
1 teaspoon cinnamon

Preheat oven to 400° F. Put apples in a buttered shallow baking dish. Add water. Mix sugars, cinnamon and allspice. Sprinkle over apples along with lemon juice, bread crumbs and nutmeg. Dot with butter. Bake about 45 minutes until apples are soft. Serve warm or cold. Serves 4 to 6.