

News Release From:
University of Missouri Extension
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What Else to Do with Apples

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This has been a great year for apples. Those who grow apples, and those who know people who grow apples, have been asking themselves, “What *else* can I do with these apples?” Here are some ideas.

Apples can be frozen, canned or dried. They can be preserved as slices, sauce, or even pie filling. They can be used to make homemade fruit leather. And they can also be made into salsa and relish. University of Missouri Extension has guides with all the specifics for each method to make a safe product. To find these online, go to the MU Extension web site at <http://extension.missouri.edu/> and search for ‘preserving apples.’ Or contact your local University of Missouri Extension office.

MU Extension also has some publications that can provide other ideas for what to do with all those apples. The *From Harvest to Health* flier on apples suggests a great way to add apples to make a healthy breakfast treat. It also has recipes for an appleshake and quick-mix applesauce carrot cake. Harrison County 4-H is selling a cookbook with several recipes that use apples. This can be purchased at the Harrison County Extension office in the basement of the court house in Bethany. There are also recipes and serving ideas in the Seasonal and Simple cookbook, available online at <http://seasonalandsimple.info/> or it can be purchased through the publications department or via local MU Extension offices.

Another idea is to make and freeze or can applesauce and have it on hand to substitute for oil in recipes for a healthier alternative.

And if there are still just too many apples to get through, hold apples at 35-40 degrees Fahrenheit for optimal long term storage. Apples at these temperatures last far longer than at room temperature. Temperatures in a garage or basement may be cool and will prolong the shelf life of apples. But even better would be to use a spare refrigerator where apples would be kept at a constant temperature.

For guidance on which apple variety would be best for which purpose, go to the MU Extension web site at <http://extension.missouri.edu/> and type “selecting the right apple” in the search box. Or you can contact me, Janet Hackert, at 660-425-6434 or HackertJ@missouri.edu or your local University of Missouri Extension office for more information on this or any other topic.

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