

# APPLES



## Nutrition & Storage

*Michigan apples are available throughout the year at farm stands, farmers markets, and grocery stores. The peak harvest is*  
**AUGUST THROUGH OCTOBER**

## GOOD FOR YOU

**An apple a day keeps the doctor away!**  
*One medium-sized apple provides 17% of your fiber, plus B vitamins and vitamin C. Low in calories and rich in antioxidants, apples are a treat you can really sink your teeth into!*

## Make them last

- Wash under cool water before using
- Refrigerate apples in a plastic bag with holes, or store in a cool place
- Properly stored apples will store for at least a month, and sometimes more
- Later varieties will store for many months – Fuji and Braeburn can be stored until spring

## How much?

1 lb = 3 medium sized apples  
or 4 cups peeled, cored slices

2 1/2 to 3 lbs = 2 pints apple slices, frozen or canned

48 lbs (1 bushel) = 14-19 quarts of applesauce



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## Pick some for later

*Fresh apples store well in the refrigerator, but they can also be dried, canned or frozen for use in recipes throughout the year.*

For freezing and canning instructions, visit  
[http://msue.anr.msu.edu/resources/michigan\\_fresh\\_apples](http://msue.anr.msu.edu/resources/michigan_fresh_apples)

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## Microwave-Baked Apples

SERVES 4

### INGREDIENTS

- 4 large baking apples
- 1/2 c brown sugar
- 1 t cinnamon
- Wax paper to cover

### PREPARATION

1. Wash apples and remove core.
2. Cut a thin slice off the bottom of each apple to form a flat surface.
3. Place apples in a microwave-safe baking dish.
4. In a small dish, mix brown sugar and cinnamon
5. Spoon mixture into center of apples.
6. Cover apples with wax paper and microwave on high power 6 to 10 minutes or until apples are soft.

For more recipes, visit [www.canr.msu.edu/mi\\_fresh/](http://www.canr.msu.edu/mi_fresh/) or [Health4U.msu.edu](http://Health4U.msu.edu)



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