

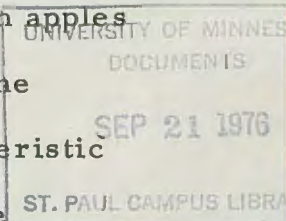
September 17, 1976

Apples

(1:35)

University of Minnesota Food Technologist Shirley Munson says good color is important when choosing apples from an orchard fruit stand or at the grocery store.

Apples mature at different times during a season so question the orchard sales person about what varieties are at their peaks. Don't necessarily shy away from apples with small patches of rough, brownish skin around the stem end. This is called russetting and is a characteristic of such varieties as Prairie Spy. It is caused by the weather and does not affect eating quality.



Good apples feel firm and heavy. If you select fruit from a bin, check for bruises. Excessive bruising causes decay and spoilage. Apples purchased at a store usually are fairly uniform in size, but those from an orchard may vary widely. Large apples look more glamorous but small fruit may be a more practical buy, particularly if you're looking for children's snack or lunchbox fruit. Some varieties produce only small apples.

Economy-minded consumers may want to inquire if utility grade apples with minor imperfections are available. These are good buys for applesauce, apple butter and other specialties. If you don't have refrigeration or suitable storage space for your apples, they will lose quality and your purchase will prove wasteful. A refrigerator is ideal for apple storage. Put the fruit in plastic bags or covered containers to hold moisture and prevent exchange of food odors.
