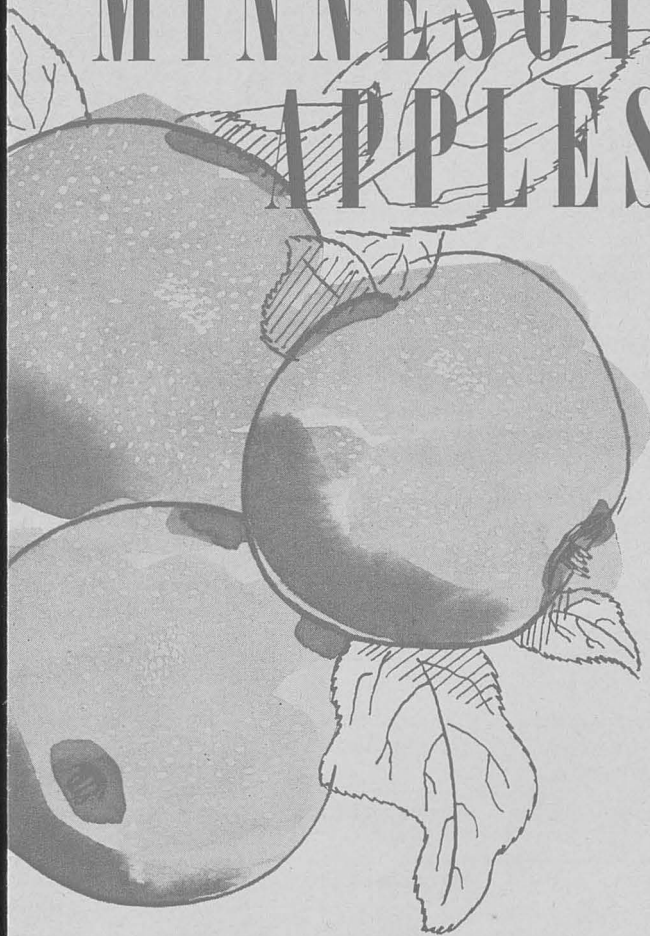


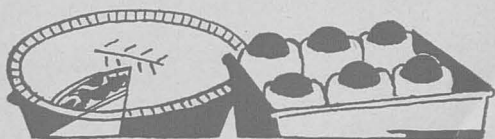
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Know Your MINNESOTA APPLES



by ELEANOR LOOMIS



UNIVERSITY OF MINNESOTA
Agricultural Extension Service
U. S. DEPARTMENT OF AGRICULTURE

Know Your Minnesota Apples

Variety	Season of use	Characteristics	Use
Oriole	August	Large summer apple, orange-yellow, striped with red. Very good eating and cooking quality.	Dessert, pie, sauce, freezing
Duchess	August-September	Early, cooking apple. Medium size, striped with red. Too tart for good eating.	Pie, sauce, jelly, freezing
Beacon	August-September	Medium size, very attractive red. Mild subacid. Better for eating than Duchess; keeps longer.	Dessert, pie, sauce, freezing
Wealthy	September-November	Long a favorite in Minnesota for eating and cooking. Medium size, striped red.	Dessert, baking, pie, sauce, jelly, freezing
Lakeland	September-December	Medium size, solid red color, pleasant flavor. Slices hold shape when cooked.	Dessert, pie, baking, sauce, freezing
Minjon	September-December	Below medium size, very attractive red. Flesh somewhat tart, stained with red.	Dessert, pie, baking, sauce, freezing
McIntosh	October-January	Medium size, nearly solid bright red. High quality for eating. Rich flavor, but soft when cooked.	Dessert, pie, sauce, jelly, freezing
Cortland	October-January	Medium size, attractive red; white flesh similar to McIntosh. Holds fresh color well in salad.	Dessert, pie, baking, sauce, jelly, salad, freezing
Redwell	October-January	Large size, attractive red. Pleasant flavor, subacid.	Dessert, baking, sauce
Jonathan	October-February	Below medium size, solid bright red. A favorite variety for all uses.	Dessert, pie, baking, sauce, jelly, canning, freezing
Haralson	October-March	Medium size, attractive red. Very popular, tart, juicy apple for eating and cooking.	Dessert, pie, baking, sauce, jelly, freezing
Delicious	October-March	Medium size, striped to solid red. Flavor rich, sweet. Not recommended for cooking.	Dessert, salad
Prairie Spy	October-April	Large size, striped red. Mild (subacid) flavor. Very good for all uses. Slices hold shape when cooked.	Dessert, pie, baking, sauce, jelly, freezing
Northwestern (Greening)	October-April	Very large size, attractive green or yellow.	Pie, sauce, freezing
Golden Delicious	November-March	Medium size, attractive yellow. Flavor rich, high quality. An excellent variety for all uses.	Dessert, pie, baking, sauce, salad, canning, freezing
Fireside	November-April	Large size, attractive red. Flavor rich, high quality. Liked by some for cooking, although almost sweet.	Dessert, salad

Crab Apples

Dolgo	August	Fruit small, oval, solid bright red. The best jelly crab. Too small for first choice as pickles.	Jelly, pickles
Whitney	August	Fruit large, red striped, with very pleasant flavor and juicy, tender flesh. Quickly becomes mealy.	Pickles, canning, dessert
Chestnut	September-November	Large size. Flesh crisp, juicy, with a spicy flavor. Will keep about two months.	Pickles, sauce, dessert

An Apple a Day . .

Nutritive Value

An average apple contains 85-95 calories, some vitamin A, thiamine, riboflavin, niacin, ascorbic acid, calcium, phosphorus, potassium, sodium, some copper, iron, and manganese.

How Many Apples for a Pie?

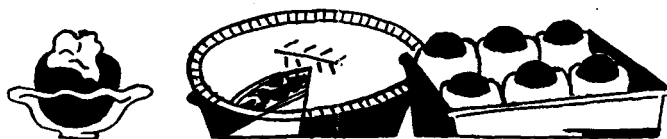
There are two large, three medium, or four small apples in one pound. Six to eight medium size apples are required for a nine-inch pie or for three cups of applesauce. One bushel contains 42-44 pounds of apples or 125 apples of 2¾ inch diameter. It is less expensive to buy apples by the bushel or box than by the pound.

Selection of Apples

Good color for the variety indicates full flavor. Firmness is a sign of good condition. Each variety is better for some uses than for others. Select the varieties according to your needs.

Storage

Store apples in a covered container in the refrigerator, as apples keep best at 32° to 50° F. Apples purchased by box or bushel should be stored in a cool, humid cellar. Commercially stored apples are kept at 30° F.



APPLE RECIPES

Pastry

Ingredients	One crust pie	Two crust pie	Pastry mix
All-purpose flour	1 cup	1½ cups	6 cups
Salt	½ t.	½ t.	Omit salt until using
Lard	½ cup	½ cup	1 pound (2 cups)
Water or milk	3-4 tbsp.	4-5 tbsp.	Omit liquid until using

Use pastry blender or two knives or fingers and cut ⅓ of lard into dry ingredients until mixture resembles corn meal. Cut in remaining fat in lumps about the size of peas. Add liquid a little at a time, and toss lightly with a fork to form small balls of dough. Press the balls of dough together lightly. Roll out on a lightly floured pastry canvas or board.

Store the pastry mix in the refrigerator or in the freezer. For a two crust pie use 2 cups pastry mix, ½ teaspoon salt, 4 to 5 tablespoons of water or milk.

Apple Pie

Pastry for two crust pie

4 cups apples, cored, cut in eighths. Skins may be left on if scored crosswise to prevent long pieces of skin.

1 cup sugar

1 teaspoon cinnamon, or ½ teaspoon nutmeg or 1 teaspoon grated lemon rind or 1 teaspoon lemon juice (or use all)

2 tablespoons flour

⅛ teaspoon salt

1 tablespoon butter

Combine sugar, spice, flour, and salt. Sprinkle over the apples and fill the pastry lined pie pan. Dot with butter. Put on top pastry, prick, trim, seal, and bake at 425° F. for 15 minutes. Reduce heat to 350° F. and bake until brown at top and bottom (about 30 minutes).

Apple Dumplings

Small tart apples	Butter
Pastry dough	Sugar

Core apples and peel. Roll pastry dough and cut in rounds about the size of saucers.

Place an apple in the center of each circle of dough and fill the center of the apple with butter and sugar. Draw pastry up around the apple to within an inch of the top. Hold in place with string. Sprinkle with butter and sugar. Bake in a 475° F. oven. Pour ½ inch of hot water in the pan after the crust is brown. Then bake to a rich brown. Remove string and serve warm with lemon sauce.

Applesauce Spice Cake

1 cup brown sugar	¼ teaspoon cloves
½ cup shortening	½ teaspoon salt
1 cup thick, unsweetened applesauce	1½ cups all-purpose enriched flour
1 egg	1 teaspoon soda
1 teaspoon cinnamon	½ cup walnuts—chopped
½ teaspoon nutmeg	1 cup seedless raisins

Cream the shortening and sugar, and add the applesauce and beaten egg. Mix and sift the dry ingredients, add the nuts and raisins, and combine the mixtures, mixing them thoroughly. Bake in a greased (8¾x4½x2½ inch) loaf pan at 350° F. for 40 minutes or until done.

Applesauce Drop Cookies

½ cup fat	1 teaspoon cinnamon
1 cup sugar	½ teaspoon cloves
1 egg	½ teaspoon nutmeg
1¾ cups sifted flour	½ cup seedless raisins
½ teaspoon baking powder	1 cup quick-cooking rolled oats
1 teaspoon baking soda	1 cup tart applesauce
½ teaspoon salt	

Cream together fat and sugar; blend in the egg. Sift together flour, baking powder, soda, salt, cinnamon, cloves, and nutmeg. Mix in raisins and rolled oats. Add to creamed mixture and applesauce, blended together. Beat well. Drop this dough by teaspoonfuls onto greased baking sheets. Bake at 375° F. (moderate oven) about 15 minutes. Yield—about 3 dozen.

Apple Rings

Large apples	Sugar	Shortening
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Core apples before peeling and slice in ⅓ inch slices. Fry in medium hot fat until a golden brown and tender. Drain on brown paper and sprinkle with sugar while hot so they will glaze.

Glazed Apples

Scrub apples, core and slit skin at right angles to the core around the middle of apple, and place in a saucepan. Put sugar (mixed with spice to taste) in the core openings. Add $\frac{1}{4}$ cup water for each apple. Cover and place over low heat and cook until tender (usually 7 to 15 minutes).

Remove cover during last minute of cooking and turn apples once during this period to produce a glaze. Spice may be added with the sugar, about 1 teaspoon to $\frac{1}{2}$ cup of water.

Spiced Crab Apples

3 pounds crab apples	$1\frac{1}{2}$ cups cider
$1\frac{1}{2}$ teaspoons whole cloves	vinegar
4 one-inch pieces of ginger root	$\frac{1}{2}$ cup water
2 sticks cinnamon	1 cup sugar

Wipe apples; pierce with fork. Add apples and spices (tied in a cloth) to a sirup made of sugar, vinegar, and water. Simmer 20 minutes or until apples are cooked. Place in hot sterilized jars; fill with hot sirup. Seal at once.

Dolgo Crabapple Preserves

Syrup

4 cups sugar and 2 cups water

Bring to boil. Add enough washed crabapples so the fruit is covered. Simmer 3 minutes a day for 3 successive days. Seal hot in sterile jars.

Cinnamon Whitney Crabapples

Wash, remove blossom end. Leave stem on fruit. Peel, using about $\frac{1}{2}$ peck of crabapples. Prepare syrup of 1 quart of water, $3\frac{1}{2}$ cups of sugar, and $\frac{1}{2}$ cup red cinnamon candies. May add a few drops of red coloring. Cook apples in syrup very slowly. Cook a few apples at a time, watching to see when apples are cooked and not broken. Place in sterile jars, cover with syrup. Seal. Make more syrup as needed.

Dolgo Crabapple Jelly

4 cups crabapple juice (takes about 3 pounds of crabapples and 3 cups of water)

4 cups sugar

To prepare juice

Select firm, crisp crabapples, about one-fourth underripe, the rest fully ripe. Sort, wash, and remove stem and blossom ends; do not pare or core. Cut crabapples into small pieces. Add water, cover, and

bring to boil on high heat. Reduce heat and simmer for 20 to 25 minutes, or until crabapples are soft. Strain through jelly bag and allow to drip.

To make jelly

Measure juice into kettle. Add sugar and stir well. Boil over high heat to 220-223° F. or until jelly mixture sheets from a spoon. Remove from heat, skim off foam quickly. Pour jelly into hot containers and seal. Yield—7 six-ounce glasses.

Labeling Apples in Minnesota

An act to regulate the labeling and fixing of standard grades for apples—1955. The commissioner shall by rule establish official standards for grading and classifying all apples offered for sale in Minnesota. Minnesota Statutes 1953, Section 17.31, is amended to read:

All apples offered for retail sale and each closed package of apples offered or exposed or packed for retail sale shall be conspicuously marked with a label bearing the name and address of the grower or packer, the name of the variety, the minimum size and the grade, except that when apples are sold at retail from open bins, open containers, or in bags, each bin or display of such containers or bags shall be marked with a label bearing the name of the variety and the grade. All apples which fail to meet the requirements of any of the established Minnesota grades shall be plainly and conspicuously marked with a label bearing the word "utility" in letters of a size and form to be prescribed by the commissioner.

Suggestions for marking containers. In order to conserve space, abbreviations may be used for making Minnesota grade names on containers. The following abbreviations are suggested where it is not desired to use the full grade name:

1. Minn. Ex. Fcy. for Minnesota Extra Fancy
2. Minn. Fcy. for Minnesota Fancy
3. Minn. No. 1 for Minnesota No. 1
4. Minn. No. 2 for Minnesota No. 2

5. Combination grades may be designated by abbreviations of the grades preceded by the abbreviation "Comb." as "Comb. Minn. Fcy. — Minn. No. 1".

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