



Minnesota Hardiness Zones

# Apples for Minnesota

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Horticulture

<u>Variety</u>	<u>Average Harvest Dates</u>	<u>Fruit Characteristics</u>	<u>Use</u>	<u>Storage</u>	<u>Hardiness Zone</u>
Mantet	August 6-13	Medium to small, round, bright red. Juicy, sweet.	Fresh eating, pie, sauce.	August	all
Oriole	August 7-14	Orange-yellow, striped with red. Very good eating and cooking.	Fresh eating, pie, sauce.	August	all
Duchess (of Oldenburg)	August 9-15	Above medium size, pale yellow skin striped with red. Tart, yellowish flesh, tender, juicy.	Pie, sauce.	Aug.-Sept.	all
State Fair	August 18-24	Medium size, white flesh, round, smooth, bright red, glossy finish. Crisp, juicy, moderately acid.	Fresh eating, pie, sauce.	Aug.-Sept.	all
Paulared	Aug. 25-Sept. 1	Medium size, roundish, oblate, red color, heavy bloom. White flesh, firm, crisp, juicy, sub-acid.	Fresh eating, pie, sauce.	Aug.-Sept.	1, 2
Beacon	August 17-24	Medium size, very attractive red. Sweet, aromatic flavor.	Fresh eating, sauce.	Aug.-Sept.	all
Chesnut Crab	September 3-11	Large crabapple, flesh crisp, firm. Highly flavored.	Fresh eating.	September	all
Wealthy	September 8-16	Medium size, striped red. Somewhat tart in flavor.	Fresh eating, pie, sauce.	Sept.-Oct.	all
Minjon	September 9-17	Below medium size, very attractive red. Flesh often pink, somewhat tart.	Fresh eating, pie, sauce.	Sept.-Oct.	all
Red Baron	September 12-20	Medium size, attractive cherry red. Crisp, juicy, and sweet.	Fresh eating, sauce.	Sept.-Oct.	all
Lakeland	September 17-25	Medium size, solid red color. Pleasant flavor. Slices hold shape when cooked.	Fresh eating, pie, sauce, baking.	Sept.-Oct.	all

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Sweet Sixteen	September 19-27	Medium to large size, colored by stripes and solid wash of rosy red. High sugar, moderately acid, crisp, and fine texture.	Fresh eating, pie, sauce.	Sept.-Oct.	all
McIntosh	September 18-26	Medium size, nearly solid bright red. High quality for eating. Rich flavor, but soft when cooked.	Fresh eating, pie, sauce, baking.	Sept.-Oct.	1, 2
Honeycrisp	Sept. 20-28	Red with mottled yellow background. Extremely crisp and juicy. Excellent, well-balanced, aromatic flavor.	Fresh eating, sauce, pies.	Sept.-Mar.	1, 2, 3
Cortland	Sept. 25-Oct. 3	Medium size, attractive red. White flesh similar to McIntosh. Holds flesh color well in salad. Aromatic flavor.	Fresh eating, pie, sauce, baking, salad.	Sept.-Nov.	1, 2, 3
Northwestern (Greening)	September 30	Very large size, attractive green or yellow.	Pie, sauce.	Oct.-Jan.	1, 2
Redwell	Sept. 29-Oct. 7	Large size, attractive red. Pleasant flavor, mildly acid.	Fresh eating, sauce, baking.	Oct.-Jan.	all
Spartan	Sept. 29-Oct. 5	Medium size, round, deep red. Flesh is white, firm, crisp, and juicy.	Fresh eating, pie, sauce, baking.	Oct.-Jan.	1
Prairie Spy	Sept. 27-Oct. 5	Large size, striped red. Mild flavor, very good for all uses. Slices hold shape when cooked.	Fresh eating, pie, sauce, baking, freezing.	Oct.-Feb.	1, 2, 3
Haralson	Sept. 30-Oct. 8	Medium size, striped red. Very popular, tart, crisp apple for eating and cooking.	Fresh eating, pie, sauce, baking, freezing.	Oct.-March	all
Honeygold	October 9-17	Medium to large size, golden to yellow green. Very crisp and juicy with an excellent, sweet flavor.	Fresh eating, pie, sauce, freezing.	Oct.-Dec.	1, 2
Red Delicious	October 11-20	Medium size, striped to solid red. Flavor sweet, low acid. Not recommended for cooking.	Fresh eating, salad.	Oct.-Feb.	1
Regent	October 9-17	Attractive red-striped apple with well-balanced, excellent flavor. Flesh is crisp and juicy.	Fresh eating, pie, sauce, baking, freezing.	Oct.-March	1
Golden Delicious	October 15	Medium size, attractive yellow. Flavor rich, high quality.	Fresh eating, pie, sauce, baking, salad.	Oct.-Feb.	1
Fireside/ Connell Red	October 8-18	Large size, attractive red. Flavor rich, high quality, sweet. "Connell Red" is a color sport of "Fireside".	Fresh eating, baking, salad.	Oct.-March	1, 2, 3
Keepsake	October 11-19	Small to medium with irregular angular sides, red with scattered white dots. Light yellow, fine-textured flesh, firm and crisp. Store under humid conditions.	Fresh eating; after storage: pie, sauce.	Oct.-April	1, 2, 3

## SELECTING APPLES

When selecting apples, look for good color for the variety; it usually indicates full flavor. Firmness is a sign of good condition. Each variety is better for some uses than for others, so choose varieties accordingly.

## STORAGE

Apples store best near 32° F. Store apples in a covered container in the refrigerator. Apples purchased by the box or bushel should be stored where it is cool and humid. Commercially stored apples are kept at 30° F to 32° F with high humidity.

## NUTRITIVE VALUE

Apples can play an important role in home cookery and nutrition. An average apple contains approximately 85-95 calories and small amounts of vitamin A, vitamin C, thiamine, riboflavin, calcium, phosphorus, potassium, copper, iron, and manganese. Pectin and fiber aid in intestinal activity (digestion and elimination). Apples also are thirst-quenchers because they contain about 85 percent water. It has been said that one apple may have the thirst slaking capability of half a glass of water.

## HOW MANY APPLES?

- 1 lb. apples = 2 large, 3 medium, or 4-5 small; approximately 3 cups peeled, sliced, or diced fruit.
- 2 lbs. apples = 6-8 medium-size; or enough for 1 (9") pie.
- 1 bu. apples = 40 lbs. or approximately 120 medium-size; enough for 20 (9") pies, 20-24 quarts applesauce, or 30-36 quarts apple slices.

## CANNING APPLES

Use good quality apples. Check the chart to see what varieties are best for sauce and pie, or use your backyard apples. Canned apples will keep without sugar, though most fruits have better color, flavor, and texture when canned with sugar or a sugar syrup.

To can applesauce, make the sauce your usual way or use the recipe below. Sweeten it or not, and pack hot in hot jars to within ¼ inch of the top. Process pints and quarts for 15 minutes in a boiling water bath.

To can apples for pie, peel, core, and cut apples into pieces or slices. To prevent darkening, drop cut apples into a solution of 1 gallon water to 2 tablespoons each salt and vinegar. Do not soak more than 15 minutes. Drain, then boil for 5 minutes in a thin sugar syrup. This will help apples hold their shape. Pack apples in hot jars.

Cover with hot, thin sugar syrup to within ½ inch of jar top. Process in boiling water bath, pints for 15 minutes and quarts for 20 minutes.

To make thin sugar syrup, combine 2 cups sugar and 4 cups water. Bring to a boil; boil 5 minutes. Skim if necessary. Makes 5 cups.

To use canned apples in pie, drain and mix with spices, adding sugar if needed. The amount of sugar depends on sweetness or tartness of apples and your preference.

## FREEZING APPLES AND APPLESAUCE

Freezing tends to soften apple texture, so use firm-fleshed cooking varieties suitable for pie (see chart), and freeze them shortly after harvesting. Apples that have been in storage for long periods may darken more quickly after freezing. Frozen apples may be stored one year or longer at 0° F.

### Three methods of freezing apples:

1. Peel apples, core, and cut into pie slices. An ascorbic acid powder sold in supermarkets to prevent browning of fruit may be used. Follow package directions. Fill container, seal, label, date, and freeze.
2. Peel and slice apples; soak in a weak brine solution for 15 minutes (½ cup salt to 1 gallon water). Drain and pack in freezer containers. Cover with sugar syrup; 2 cups sugar and ½ teaspoon crystalline ascorbic acid dissolved in 1 quart cold water. The ascorbic acid helps keep apples from darkening. Seal, label, date, and freeze.
3. If apples are in perfect condition and if you have room in your freezer, you can freeze apples whole. Wash but do not peel; pack 6-8 apples in a plastic bag. Label, date, and freeze. Do not thaw. Run cold water over each apple and peel while still frozen; use immediately for pie or other cooked desserts. These apples will darken quickly if you thaw them.

**To use frozen apple slices in pie,** partially thaw and drain. Sweeten with ¼ to ½ cup sugar, depending on sweetness or tartness of apples. Mix the sugar with spices and a little flour or other thickener, even if you don't usually thicken your fresh apple pies. Frozen apples are more juicy than fresh apples and you must compensate for this.

**To freeze applesauce,** sweeten it to taste after cooking or use your favorite applesauce recipe; cool and pack in containers to within ¼ inch of top. Seal, label, date, and freeze.