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HORTICULTURE FACT SHEET
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Know Your Minnesota Apples

| <u>Variety</u> | <u>Season of use</u> | <u>Characteristics</u> | <u>Use</u> | <u>Variety</u> | <u>Season of use</u> | <u>Characteristics</u> | <u>Use</u> |
|--------------------------------|----------------------|--|--|-------------------------|-----------------------|--|---|
| <i>Mantet</i> | August | Medium to small, round, bright red, juicy, sweet. | Fresh eating, pie, sauce. | <i>Haralson</i> | Oct.-Mar. | Medium size, attractive red. Very popular, tart, juicy apple for eating and cooking. | Pie, sauce, freezing, fresh eating, baking. |
| <i>Oriole</i> | August | Large summer apple, orange-yellow, striped with red. Very good eating and cooking. | Fresh eating, pie, sauce. | <i>Spartan</i> | Oct.-Mar. | Medium size, round, deep red. Flesh is white firm, crisp, and juicy. | Fresh eating, sauce, pie, freezing. |
| <i>Duchess</i> | Aug.-Sept. | Early, cooking apple. Medium size, striped with red. Very tart. | Pie, sauce, freezing. | <i>Delicious</i> | Oct.-Mar. | Medium size, striped to solid red. Flavor rich, sweet. Not recommended for cooking. | Fresh eating, salad. |
| <i>Beacon</i> | Aug.-Sept. | Medium size, very attractive red. Mild subacid. | Fresh eating, pie, sauce. | <i>Golden Delicious</i> | Oct.-Mar. | Medium size, attractive yellow. Flavor rich, high quality. An excellent variety for all uses. | Fresh eating, sauce, baking, salad. |
| <i>Wealthy</i> | Sept.-Nov. | Long a favorite in Minnesota for eating and cooking. Medium size, striped red. | Fresh eating, pie, sauce, freezing, baking. | <i>Prairie Spy</i> | Oct.-Apr. | Large size, striped red. Mild (subacid) flavor. Very good for all uses. Slices hold shape when cooked. | Fresh eating, pie, sauce, freezing, baking. |
| <i>Red Baron</i> | Sept.-Nov. | Medium size, attractive cherry red, crisp, juicy, and pleasantly acid. | Fresh eating, pie, sauce, freezing. | <i>Regent</i> | Oct.-Apr. | Medium size, bright red obscure stripes. Flesh is crisp and juicy. | Fresh eating, pie, sauce, freezing, baking. |
| <i>Lakeland</i> | Sept.-Dec. | Medium size, solid red color, pleasant flavor. Slices hold shape when cooked. | Baking, fresh eating, pie, sauce, freezing. | <i>Fireside</i> | Oct.-Apr. | Large size, attractive red. Flavor rich, high quality, sweet. | Fresh eating, salad, baking. |
| <i>Minjon</i> | Sept.-Dec. | Below medium size, very attractive red. Flesh somewhat tart, often pink. | Sauce, baking, fresh eating, pie. | <i>Connell Red</i> | Oct.-Apr. | Medium to large size, solid bright red, juicy apple for eating, sweet. | Fresh eating, salad, baking. |
| <i>McIntosh</i> | Sept.-Jan. | Medium size, nearly solid bright red. High quality for eating. Rich flavor, but soft when cooked. | Fresh eating, sauce, baking, pie, freezing. | CRAB APPLES | | | |
| <i>Cortland</i> | Sept.-Jan. | Medium size, attractive red; white flesh similar to McIntosh. Holds fresh color well in salad. | Sauce, pie, freezing, salad, fresh eating, baking. | <i>Rescue</i> | Late July to mid Aug. | Fruit large, greenish yellow with red stripes. Firm, sweet. | Fresh eating, jelly. |
| <i>Northwestern (Greening)</i> | Oct.-Jan. | Very large size, attractive green or yellow. | Pie, sauce, freezing. | <i>Dolgo</i> | August | Fruit small, oval, solid bright red. The best jelly crab. Too small for first choice as pickles. | Jelly, pickles. |
| <i>Redwell</i> | Oct.-Jan. | Large size, attractive red. Pleasant flavor, subacid. | Fresh eating, baking, sauce. | <i>Whitney</i> | August | Fruit large, red striped, with very pleasant flavor and juicy, tender flesh. Quickly becomes mealy. | Pickles, fresh eating, sauce. |
| <i>Honeygold</i> | Oct.-Feb. | Medium to large size, golden to yellow green. Flesh is crisp, yellow, juicy and has a flavor similar to Golden Delicious | Fresh eating, pie, sauce, freezing. | <i>Centennial</i> | September | Fruit large, fully striped, medium to bright red. Flesh is yellow, crisp, tender, and juicy. | Fresh eating, sauce. |
| <i>Jonathan</i> | Oct.-Feb. | Below medium size, solid bright red. Tart. | Fresh eating, pie, sauce, freezing. | <i>Chestnut</i> | Sept.-Oct. | Large size. Flesh crisp, juicy, with a spicy flavor. | Pickles, sauce, fresh eating. |

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. The chart shows the seasons, characteristics, and uses of Minnesota-grown varieties.

STORAGE

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

NUTRITIVE VALUE

Apples can play an important role in home cookery and nutrition. An average apple contains about 85-95 calories, Vitamin A, Vitamin C, thiamine, riboflavin, calcium, phosphorous, potassium, copper, iron, and manganese.

HOW MANY APPLES?

There are approximately two large, three medium, or four to five small apples in a pound. Six to eight medium size apples are needed for a 9-inch pie. One bushel contains about 40 pounds of apples or about 120 apples of 2½ inch diameter.

APPLE RECIPES

Minnesota Apple Pie

Pastry for a two-crust, 9-inch pie
6 to 8 medium Minnesota apples
¾ to 1 cup sugar
¼ to ½ teaspoon cinnamon
1-2 tablespoons butter

Peel and core apples. Slice into mixing bowl. Combine sugar and cinnamon and add to apples. Stir gently until all apples are coated with sugar mixture. Fill the 9-inch pastry lined pie pan. Dot with butter. Cover with top crust and flute the edges. Bake in a 400°F oven 45-50 minutes—until top crust is a golden brown and the apples are tender and bubbly. Serve warm or cold.

Dixie's Fresh Apple Cake

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| 2 cups brown sugar | ½ teaspoon salt |
| 1 cup butter | ½ teaspoon nutmeg |
| 2 eggs | ¼ teaspoon cloves |
| 3 cups all-purpose, sifted flour | 1 teaspoon cinnamon |
| 2 teaspoons soda | 1 cup cold coffee |
| 1 teaspoon baking powder | 1 cup chopped walnuts |
| | 1 cup raisins |
| | 2 cups diced apples |

Cream brown sugar and butter until fluffy. Add eggs one at a time, beating after each addition. Sift dry ingredients together and add alternately with the coffee, saving a little of the flour to coat walnuts and raisins. Add apples, raisins, and walnuts. Place in a greased 9 x 13 inch pan.

Topping—

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|-------------------|---------------------|
| ½ cup sugar | ½ teaspoon cinnamon |
| ¼ cup brown sugar | ½ cup chopped nuts |

Sprinkle topping on batter and gently press into dough. Bake in 350°F oven 40-45 minutes.

Oatmeal Apple Crunch

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| 6 medium apples | 1 cup butter or margarine |
| 1 cup flour | 1 cup quick rolled oats |
| 1 cup brown sugar | ¼ cup chopped walnuts (optional) |
| ¼ teaspoon cinnamon | |

Generously butter a 9 x 9 inch baking dish. Peel and slice apples into baking dish (filling about 2/3 full). Combine flour, brown sugar and cinnamon. Blend in butter or margarine. Add rolled oats and walnuts. Mix well and cover apples. Bake in a 350°F oven 50-60 minutes. Serve warm with a scoop of vanilla ice cream and a small amount of apple or maple syrup.

Apple Chip-Oatmeal Cookies

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| 1 cup shortening | 1 teaspoon salt |
| 1 cup brown sugar | 3 cups oatmeal |
| 1 cup granulated sugar | 1 cup chocolate or butterscotch chips |
| 2 eggs | 1 cup apples, peeled and chopped |
| 1 teaspoon vanilla | ½ cup nuts (optional) |
| 2 tablespoons water | |
| ½ cups flour | |
| 1 teaspoon soda | |

Thoroughly cream shortening and sugars. Add eggs and beat well. Add water and vanilla. Combine flour, soda, and salt; add to shortening mixture. Add oatmeal, chips, apples, and nuts. Drop from a teaspoon onto a greased cookie sheet. Bake in a 375°F oven 10-12 minutes. Makes approximately 8 dozen cookies.

Apple Cream Pie

Pastry

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| 1½ cups sifted flour | ½ cup butter |
| 2 tablespoons sugar | 3 egg yolks |
| 1/8 teaspoon salt | 1 tablespoon water |

Filling

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|-------------------------------|---------------------|
| 2½ cups peeled, sliced apples | ¼ cup flour |
| ½ cup sugar | 1/8 teaspoon nutmeg |
| | 1 cup heavy cream |

To make pastry, sift flour, sugar, and salt together, cut in butter until well blended. Add egg yolks and water. Blend well and knead until smooth. Pat with fingers into a 9-inch pie pan. Flute the edges.

To make filling, toss the sliced apples with the flour and sugar; fill pastry lined pan. Bake at 375°F for 10 minutes; add cream. Bake 30-35 minutes longer until pastry is golden brown and apples are tender. Do not freeze.

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