

## APPLES

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### Popular Varieties

There are more than 100 different varieties of apples grown commercially in the United States.

**Mcintosh** – Older, well-known variety that has a green blush, juicy, tangy tart white flesh. Used for snacking or applesauce.

**Fuji** – Fuji first appeared in U.S. markets in the early 80's. Known as a crunchy, super-sweet and flavor-forward apple. An everyday snack as well as pies, sauces and baking.

**Red Delicious** – Most recognized U.S. apple. Crunchy texture and mildly sweet flavor. Best eaten fresh or in salads.

**Golden Delicious** – Sweet, mellow and crisp apple that has a tender skin. Great as an all-purpose apple.

**Gala** – Crisp, sweet apple Delicious in salads, pies or sauce. Growing in popularity.

**Crispin** – A sweet, refreshing, super crisp apple. Excellent for baking, freezing and cooking. Color varies from orange to red/yellow.

**Honeycrisp** – Pleasantly crisp, sweet and juicy. Complex flavor is subtly tart, versatile apple ranging from sweet to savory.

**Jazz** – Sweet like a honeycrisp but firmer. Makes a great all-purpose apple.

**Braeburn** – A multipurpose apple with a bold flavor with a sweet-tart flavor with a hint of sweet spice.

**Johnagold** – Unique honey-tart flavor that is crispy, juicy with yellow flesh. Can be eating fresh or used for cooking.

**Source:** Washington Apple Commission. [www.bestapples.com](http://www.bestapples.com)



For more information check out Food Fun for Young Children at: <http://go.unl.edu/chi>

### Easy Cinnamon Apples

- 4-5 baking variety apples
  - 1 pkg or ½ C red hots
  - Water
1. Wash, peel/core apples.
  2. Cut into quarters or halves.
  3. Combine apples, red hots and ½ cup water per apple in a sauce pan.
  4. Stir until red hots are completely dissolved.
  5. Bring to a rolling boil. Continue to boil until all apples have absorbed the red color and become tender.
  6. Chill for best flavor.
  7. Keep refrigerated for up to 1 week.