

Expand Your Apple Horizon

Apples are rich in antioxidant phytochemicals as well as fiber. Researchers think apples might help prevent cancer, stroke, and heart disease when they are part of a low-fat, high-fiber plant based diet. While some varieties are available only in the fall, you'll find others in the supermarket year round. Here is a guide to the most popular varieties so you can try a new apple each week:

- **Golden Delicious:** Sweet taste. Good for just about every use, including baking, pies, applesauce, salads, snacks and fruit plates.
- **Granny Smith:** Tart taste is also appropriate for all uses.
- **Jonathan:** Spicy tang makes it a good as a snack, in a pie, or for applesauce.
- **McIntosh:** Slightly tart and juicy with a smooth texture that is good raw or cooked. Bruises easily.
- **Red Delicious:** Crisp, juicy, and sweet--a favorite for snacking and in salads. But beware--it doesn't cook well.
- **Rome Beauty:** Firm flesh and sweet taste--a good baking apple.
- **Winesap:** Mildly tart and juicy, good for all uses. Spicy, too--a great choice for cider.
- **York:** Holds its shape well when baked. Yellow, moderately juicy flesh.
- **Fuji:** Sweet and crisp, makes good applesauce or snack.
- **Gala:** A crisp, sweet snack or addition to salad.
- **Braeburn:** As a snack or in a salad, this apple is crisp, sweet, and tart.
- **Jonagold:** Tangy-sweet taste is good for cooking as well as munching out of hand.
- **Criterion:** Juicy and sweet, this apple resists browning when cut, making it perfect for salads and fruit plates.



- **Newtown-Pippin:** A tangy tasting apple for pies or applesauce.
- **Cameo:** Sweet, tart, and firm flesh makes it versatile.
- **Pink Lady:** Salads, pies, and applesauce shine with this sweet, tart, crisp and firm variety.
- **Ida Red:** Large, tangy, and tart. Great in applesauce, pies, and baking.
- **Empire:** Bake it, toss it in a salad, or eat as a snack.
- **Cortland:** Sweet flavor makes it the perfect dessert apple.

Success Tips:

- Store apples in the refrigerator for best results.
- Keep apples in a refrigerator drawer or plastic bag and away from foods with strong odors.
- Cut your apples just before serving to minimize them turning brown.
- When apples get a little past their prime, cut them in wedges and bake them with a little cinnamon for a super delicious treat.