

freshpick review

APPLES LOCK IN YOUR DAILY CRUNCH

Apples are an easy fruit to access year-round since there are over 2,500 known varieties grown in the United States alone, and more than 7,500 across the rest of the world.

Each variety has its own unique texture, color, taste and use. For example, Granny Smith and Pippins are green and sour, while Cameo and Red Delicious apples are red and sweet. Sweet apples like Fuji and Golden are best eaten raw, whereas the more sour varieties are great for baking because they better retain their flavor in the oven. It's best to choose apples that are firm and free of any bruises and store them in the refrigerator to keep them tasting great and speed up the ripening process, if necessary. If kept cool, apples can last up to 90 days. Don't forget to wash them before eating to rinse away harmful pesticides. A trick to prevent apple slices from browning is to soak the slices in lemon water or in vitamin C fortified 100% apple juice.

Nutrition NOTES

Apples make for a great addition to your daily diet and are especially good for staying fit. Instead of fatty, sugary snacks, choose an apple to satisfy your sweet tooth. Since apples have a low glycemic impact, meaning that one apple only raises blood sugar levels by a small amount, they can help suppress appetite. Apples are highly nutritious, too -- there's a reason the old saying goes that, "an apple a day will keep the doctor away." They are best for you when eaten with the skin on rather without the peel where many of the vitamins are stored. Vitamins C, A, K, E and B-6 are all packed in this nutrient-dense fruit, not to mention calcium, iron, zinc, potassium and several other powerful ingredients which, combined, act as an antioxidant to protect against free-radical damage, reduce blood pressure and even protect the body from cancer.



The *Fresh Pick Review* is an informative newsletter designed to provide a variety of interesting facts, figures and health benefits as they relate to our featured **Fresh Pick** item of the month. We hope you enjoy this newsletter and if you have any feedback on how to make our *Fresh Pick Review* even better, please email your suggestions or comments to freshpick@ideaworksfoodmarketing.com.

Did You KNOW?

- Apples are a member of the Rose family. This might seem weird, but roses actually make fruits somewhat like apples called rose hips.
- **The average American consumes 19 pounds of fresh apples and 4 pounds of canned apples a year**
- Archeologists have found evidence that humans have been enjoying apples since at least 6500 B.C.
- **According to a study done by British researches in the year 2000, people who eat apples have better lung function than those who don't**

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Let's Get Cooking

APPLE AND CARROT SAUTE

INGREDIENTS:

1 ½ T Olive oil
¼ C Onion(small dice)
½ C Celery(sliced thin)
2 C Carrots(1 " slices)
1 C plus 2 T water(divided)
1 ½ C Apples(unpeeled/tart/large dice)
1 T Honey
2 T Orange juice
1 T Cornstarch
Salt and pepper to taste
2 T Parsley(sliced)

DIRECTIONS:

Prepare ingredients as directed. In medium saucepan sauté onions and celery in the olive oil for 2 minutes until tender. Add 1 C water and the carrots to the pan and simmer until carrots are crisp tender. Drain any remaining water. Add apples, honey and orange juice to the carrots and sauté for 5 minutes. Combine the cornstarch with the remaining 2 T water and add to the pan. Add salt and pepper to taste. Bring to a medium boil and then simmer for 2 minutes. Garnish with parsley and serve.

For The RECORD



MOST PEOPLE APPLE BOBBING

WHO

Ontario Apple Growers

WHERE

Canada

WHEN

21 February 2011

DETAILS

In February 2011, 357 people bobbed for apples at the Ontario Apple Growers at the Westin Harbour Castle in Toronto, Ontario, Canada. The fastest time for bobbing ten apples was 32 seconds.



It's All HISTORY

Anthropological data reveals the consumption of apples by Stone Age humans in Europe, and it has basically been decided that the fruit has been a favorite since the beginning of human history. In Norse mythology, the fruit was said to keep people young forever and served as a symbol of love and beauty for the Greeks. Although the biblical story of Adam and Eve actually has no mention of apples, they have long been associated. There are many culturally significant stories involving apples, but edible apples did not seem to appear in America until the Pilgrims requested ships bring seeds and cuttings from England to Boston. Today, the apple tree has spread to most areas of the world with a temperate climate, but since it originally came from Eastern Europe centuries ago, it has been developed into many hybrids. Today, there are about 7,000 varieties on the market.

By The NUMBERS

90 The amount of days **apples** can last if kept cool.

7,000
The amount of varieties of apples on the market.

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for better health
by **sodexo**

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