

# APPLE VARIETY GUIDE



## **Ginger Gold** - *early September*

Oh, do we love this early-ripening apple. A sweet, firm *Golden Delicious*-type variety, everyone loves this new gourmet apple.

## **Paula Red** - *early September*

A beautiful variety that originated right here in Michigan. The best early season snacking apple, perfect for back-to-school lunches.

## **Sanza** - *early September*

A good choice for the Apple lovers who want an early season sweet apple. Firm and smaller in size — just perfect for eating out of hand.

## **Gala** - *mid-September*

Another high quality gourmet dessert apple with an outstanding flavor. It is a great eating apple and cooks well, too.

## **McIntosh** - *mid to late September*

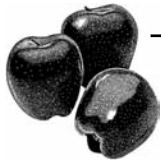
Our favorite traditional apple. Excellent for eating fresh, in pies, salads, and sauce. You can't go wrong with *McIntosh*.

## **Jonagold** - *late September*

A unique combination of *Jonathon* tartness and *Golden Delicious* sweetness, juicy and crunchy, great for fresh eating and cooking.

## **Cortland** - *late September*

A surprisingly good eating, tangy old fashioned apple, Cortland is also famous for cooking and baking. Especially good for salads.



## **Honeycrisp** - *late September*

Newer Variety that is a great fresh eating apple. It is very crisp and has a sweetness reminiscent of honey.

## **Empire** - *late September*

This is a great kid's apple. It's juicy and crunchy and not too big (perfect for small hands).

## **Mutsu** - *early October*

It is the apple we recommend for those who want "hard and tart". Mutsu is also one of our best keepers.

## **Golden Delicious** - *early October*

Thin-skinned, crisp, firm, juicy flesh, with a unique aroma and flavor. When cooking it allows you to use less sugar in recipes.

## **Northern Spy** - *early October*

This famous 200 year old variety has been considered by some experts to be the best apple ever produced in the United States. The best cooking apple, *Spy* is tangy, juicy eating apple, too.

## **Ida Red** - *mid October*

Hard and tart, big and red; that describes this apple. It is an exceptional variety for its keeping quality and wonderful for cooking.



## **Fruit Stand Open 7 days**

Toll-free 1-877-937-5464

### **M-88 Fruit Stand**

3 miles east of US 31 on M-88  
231-544-6479

(Apples Available until January)

### **US 31 Market**

9 Mile north of Elk Rapids on US31  
231-264-0715



## Cinnamon Apples with Dumplings

1/2 cup all-purpose flour  
6 tablespoons sugar, divided  
1/4 teaspoon salt  
1 teaspoon baking powder  
2 tablespoons margarine  
1 tablespoon flour

1 cup Michigan Apple Juice *or* Michigan Apple Cider  
1 tablespoon Cinnamon Imperials candies  
2-1/2 cup sliced, peeled Michigan Apple *or*  
1 can (20 oz.) Michigan Apple slices, drained  
1/4 cup skim milk

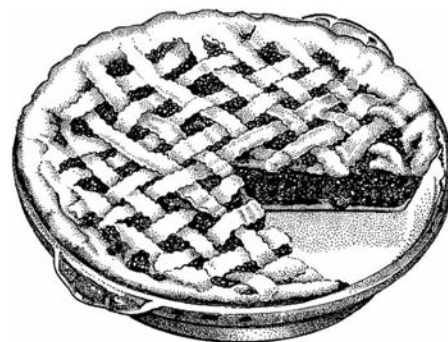
- Combine the 1/2 cup flour, 4 tablespoons sugar, salt and baking powder. With pastry blender, cut in margarine until mixture resembles coarse crumbs; set aside
- In 2-quart saucepan, combine the remaining 2 tablespoons sugar and the 1 tablespoon flour. Add Apple Juice, stirring until smooth. Mix in cinnamon candies and apples. Cook over medium heat, stirring frequently, until mixture starts to boil.
- Stir milk into flour-margarine mixture, mixing until smooth. Drop dough 1/4 at a time over boiling Apples. Cover pan and cook over low heat about 10 minutes or until dumplings are cooked. Cool slightly before serving with whipped topping or cream, if desired.

*Yield: 4 servings*

## Old-Fashioned Apple Pie

1 cup sugar  
3 tablespoons flour  
1 teaspoon cinnamon  
1/8 teaspoon nutmeg  
6 cups sliced, peeled Apples  
1 tablespoon margarine  
1 teaspoon sugar

2 cups all-purpose flour  
1/2 teaspoon salt  
3/4 cup shortening  
5 teaspoons cold milk



- Combine the 2 cups flour and salt. Using pastry blender, cut in shortening until mixture resembles coarse crumbs. Add all milk at one time, stirring with fork only until combined. With hands, gather dough into ball and let rest in bowl 10 minutes while preparing filling.
- In large bowl, combine the 1 cup sugar, the 3 tablespoons flour and spices. Add apples and toss until evenly coated; set aside.
- On floured surface or pastry cloth, roll half of dough into 12-inch circle. Ease pastry into pie plate. Fill pastry with prepared apple filling. Cut margarine into small pieces and place over filling. Repeat rolling of remaining dough; cut slits in top. Lightly moisten edge of bottom pastry with water. Place top pastry over filling and cut off excess pastry leaving 1/2 inch overhang. Turn top crust under bottom crust to seal; crimp. Sprinkle with remaining 1 teaspoon sugar.
- Bake in 375° F. oven about 1 hour-10 minutes, or until golden brown and apples are tender, covering edges with foil to prevent over browning, if necessary. Serve warm or cold.

*Yield: 8 servings.*

## Apple Tips

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**Be Adventurous** — Don't be afraid to experiment. You have nothing to lose but boredom. Try some new varieties. You may not like them all, but you are sure to make some new discoveries that will become life-long favorites.

**Keep Apples Cool** — Apples continue to ripen after they have been picked. Keeping them cool retards this process. Best way is to store in refrigerator, but a cool well pit or basement will work sufficiently.

**Prevent Browning** — A little fresh lemon juice sprinkled on apple slices will help keep them from browning.

**Checking Ripeness** — Cut an apple open. When the seeds are dark and brownish colored the apples are ripe.

**Handle With Care** — Gentle handling will prevent bruising.

**1 pound equals ...** approximately 3 medium apples, or 2 cups sliced

**3 pound equals ...** approximately 8-9 medium apples, or one 9 inch pie

**1 peck equals ...** approximately 10-12 pounds, or 32 medium apples, or three or four 9 inch pies, or 7-9 quarts frozen, or 4 quarts canned

**1 bushel equals ...** approximately 42-48 pounds, or 126 medium apples, or fifteen 9 inch pies, or 30-36 pints frozen, or 16-20 quarts canned

## Shipping Apples

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*We can ship you or a gift of apples UPS starting mid-September! Call for pricing.*