

## 8 Ways to Enjoy Apple Season

There is something rather satisfying about biting into a crisp, crunchy apple. Eaten out-of-doors under an apple tree or fresh from the grocery, it is pure enjoyment and captures the essence of autumn. Although apples can be bought all year long, those picked and eaten on a brisk, fall day are to be savored. The following eight suggestions about different ways to approach the apple season may inspire you enjoy our apple heritage to its fullest.

- Seek out different apple varieties. Although some 300 varieties are grown in America, only about 20 different kinds of apples are grown by the major orchards. Of these, Americans will sample but six in their lifetime. However, there is a reawakening of the search for a crunchy apple brimming with essence. Many exceptional varieties have come from abroad, such as Fuji and Mutsu from Japan and Braeburn and Southern Rose from New Zealand. Many native varieties have full flavor and a distinct richness all their own, such as *Winesap*, *Cortland*, *Melrose*, and *Grimes Golden*. The savvy apple lover will taste-test different varieties.
- Sample the rich flavor of an older variety right off the tree. Those with an interest in apples and in early folklore have been growing old apple varieties, such as those that graced America's tables before the Revolution. The apple names may be odd sounding, such as *Beitingheimer*, *Steele's Red*, and *Esopus Spitzenberg*, their appearance may not be perfect, but their taste will be as fresh and flavorful as it was 200 years ago.

- Find new ways to prepare apple dishes. Apple pies are delicious; apple cakes are marvelous, but have you tried an apple pizza? an apple salad? apple on squash or in a meat dish or a slushy or smoothie?
- Use applesauce as a substitute for fat in many recipes. Applesauce can replace all, or some, of the fat called for in a recipe. For example, in a cake mix, substitute an equal amount of applesauce for the oil called for in the recipe. Then use an equal number of egg whites for whole eggs. Some recipes require a moderate amount of fat for taste and texture. For those recipes, start by reducing the fat by 1/3 to 1/2 and substituting applesauce for the remainder of the fat.
- Encourage restaurants to add more fresh fruit to their menu. If customers keep requesting, restaurants will increase their selections. Consumers continue to be health conscience and look to fruit as an important aid to good nutrition.
- Visit orchards or roadside stands in your area. You may be pleasantly surprised at the wide variety of products they carry. There may be tubs of colorful mums and other flowers. Some sell fresh baked pies, cakes, and breads. Products such as apple cookbooks, apple peelers, and other apple collectibles appeal to orchard customers.

- Check out the “natural” products at fruit stands, orchards, and farmers’ markets. More non-sugar and natural food products are available. Look for apple jellies made without sugar or artificial pectin.
- Enjoy an “orchard experience” as a different type of family entertainment. Many orchards provide such fun activities as hay wagon rides, scarecrow contests, pony rides, pie baking contests, and others. The crisp fall weather positively sings of apple peeling contests and apple festivals. Come and enjoy the season!

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These suggestions are based on the research for the apple cookbook, *Apples, Apples Everywhere—Favorite Recipes From America's Orchards* by Lee Jackson (\$14.95). Recipes and orchard information were collected from over 70 different apple orchards, cider mills, and apple houses. A short profile is given about each orchard describing where the orchard is located, a little of its history, some special features, and their choice apple recipes. Her first, *From the Apple Orchard—Recipes for Apple Lovers* (\$13.95), a classic in its field, has been recently expanded in its new edition. For more information visit: [www.imagesunlimitedpub.com](http://www.imagesunlimitedpub.com)

Both apple cookbooks can be ordered through bookstores or from the publisher: Images Unlimited Publishing, P.O. Box 305, Dept. WW, Maryville, MO 64468. 660-582-4279  
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