

Tips for Selecting, Storing and Serving Delicious Pennsylvania Apples

Selecting Pennsylvania apples:

- For the best flavor and crunch, choose apples that are firm to the touch.
- Don't choose apples with broken skin.

Storing Pennsylvania apples:

- Slow ripening and maintain flavor by storing apples in the refrigerator.
- For longer-lasting goodness, keep apples chilled in your refrigerator's crisper drawer. A temperature of 34° F is ideal.
- When apples are refrigerated, they can last up to ten times longer than those left at room temperature.
- Proper chilling of apples keeps their antioxidants active. Studies have shown that antioxidants may aid in disease prevention.
- If you're storing apples in a plastic bag in your refrigerator, mist them periodically to keep them fresh and juicy.
- Make sure to store apples away from strong-smelling foods to prevent them from absorbing unpleasant odors.

Serving fresh Pennsylvania apples:

- To slow browning, coat apple slices and dices in a mixture of one part lemon juice to three parts water or vitamin C-fortified 100% apple juice.
- If your apple is bruised in transport from the store or market, or is bruised while being stored in your refrigerator, you can still use them in your favorite recipes, like applesauce.

For more information, visit www.pennsylvaniaapples.org.

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The Pennsylvania Apple Marketing Program is a commodity marketing program established by the Commodity Marketing Act of 1968. The program is funded by apple growers and governed by a Board of Directors. The Board is composed of growers from various regions of the state and a representative from the Pennsylvania Department of Agriculture. Their website is www.pennsylvaniaapples.org.