



Apples to Apples

Tuesday, September 14 2010

Apple Fun Facts

- A medium-size apple weighs about 5.5 ounces.
- A medium-size apple has only 80 calories, no fat, no sodium and no cholesterol.
- In an average year, U.S. farmers grow about 250 million bushels of apples.
- About 60 percent of the U.S. apple crop is consumed fresh.
- Red Delicious is the apple variety with the greatest production in the U.S.
- The top U.S. apple varieties are: Red Delicious, Golden Delicious, Gala, Granny Smith, Fuji and McIntosh.
- The average American consumes about 19 pounds of fresh apples each year.
- The average American eats just over 4 pounds of canned apples and about 1.7 gallons of apple juice annually.

Source: Brown County Purdue Extension Services

Fine Cooking Website Demonstrated at Tonight's Program:

Rustic Fruit Tart

<http://www.finecooking.com/cyor/rustic-fruit-tart.aspx>

Thank You!

Tonight's program was made possible by the Friends of GPL. Special thanks to Sara Brown at Apple Works for sharing her apple wisdom. Also thanks goes out to Stacy Benner at the Brown County Purdue Extension for her apple handouts and to Anna Roberts for her hard work in planning this program and for making Rustic Tart for everyone!

UPCOMING

PROJECT FOODIE EVENTS: Homemade Holiday Dec. 9 6pm

The focus will be on presenting your homemade goods with style at this program. Cookie recipe exchange as well. Bring your favorites!

Mexican Jan. 18 6pm

Monica Muñoz will be demonstrating tips for warming up those cold winter nights with authentic Mexican cuisine!

Check Out the Project Foodie Website!

www.greenwoodlibrary.us/projectfoodie.asp

Get information about upcoming programs, get recipes from past programs, and sign up for the free Project Foodie Monthly E-Newsletter

Let Kendra (kmartin@greenwoodlibrary) know if you have an idea for an upcoming food related program at GPL or if you would like to partner with Kendra on an upcoming program!

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Tonight's Featured Apples:

Honeycrisp _____



Fuji _____

Hawkeye _____

Mystery _____

Jonalicious _____

Crimson Gala _____

Jonamac _____

Apple Storage

All apples continue to ripen on storage and become, sweeter, though proper refrigeration slows this process. That means an apple is its most tart right off the tree. If a particular variety is too tart for you, store it in the fridge for a couple weeks and then try it. A good keeping apple will continue to develop a more complex flavor upon storage. Some apples, such as Fuji and Goldrush, can be kept for 8 and 10 months, respectively. Apples keep best at temperatures around 32-34 degrees, which is colder than most refrigerators are typically set. If you are going to be keeping your apples for more than a week, it is a good idea to keep them hydrated by putting a damp sponge or cloth with them in the plastic bag. Remember, moisture up, temperature down. *Source: www.apple-works.com*

Directions to Apple Works From Greenwood

Travel Smith Valley Road to SR 135.

Turn left (South) on SR135.

Continue 15 minutes South to Trafalgar.

At the stop light in Trafalgar turn left onto SR 252, go 100 feet, then take immediate right (South) onto CR 300 West. Go South 4 miles. Road curves abruptly left (East) and becomes CR 750 South. You will see an Apple Works sign at the curve.

Continue ¼ mile up road and take first right (South) onto CR 250 West. Follow for one mile. The Apple Works will be on your left.



Grilled Brie and Apple Sandwiches

www.weightwatchers.com

Ingredients:

- 1/2 Medium onion, thinly sliced
- 1/4 cup Apple Cider or Apple Juice
- 4 Medium slices sourdough bread
- 1 Small Granny Smith Apple or 1/2 medium thinly sliced
- 2 oz Brie Cheese, thinly sliced

Directions:

Spray a large, nonstick skillet with cooking spray. Place pan over medium-high heat and add onions. Sauté until soft and golden brown, adding cider as needed to prevent burning.

Lay 2 slices of bread on clean surface and divide apple slices, Brie, and caramelized onions among them. Cover each with a second piece of bread.

Spray skillet again and set over medium heat. Grill sandwiches until cheese melts and bread browns. Cut into halves and serve hot.

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Baked Apples

Friendly Fare Cookbook, 1973
(shared by Becky Van Handel)

Directions:

Place in baking dish 2 large yellow apples, halved, cored, with cut side up. Mix and pour over apples ---

- 2/3 cup brown sugar
- 1 tsp. cornstarch
- 1 tbsp. butter, melted
- 1/3 cup water
- Dash cinnamon

Bake 15 min. 350°; bake 15 min. cut side down. Turn cut side up to finish.

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Apple Dumplings

Shared by Becky Vanhandel

Directions:

Pare and quarter 6 tart apples.

Make a hot syrup of the following:

1 ½ cups sugar, 2 cups water, ½ cup butter, ¼ tsp. cinnamon and ¼ tsp. nutmeg

Sift 2 cups flour with 1 tsp. salt and 2 tsp. baking powder. Cut in ¾ cup shortening. Mix with ½ cup milk for a soft dough. Roll out and cut in (6) 5 inch squares. Place apple quarters in center of each, folding dough over and pinching tightly to seal. Place pinched side down in baking pan and pour syrup over all and bake about 35 minutes at 375. Be sure that syrup is boiling hot when pouring over the apples.

(8 nice sized dumplings can be made with the same ingredients. To do this put 3 apple quarters in each dumpling and roll the dough thin enough to make 8 dumplings)

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Apples & Dip

Shared by Susan Jerger

Ingredients:

1 8oz package cream cheese

¾ c packed brown sugar

½ c sugar

1½ t vanilla

1 package Heath bits (not supposed to use the chocolate ones but whatever!)

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- Let cream cheese soften and mix with sugars and vanilla
- Stir in Heath bits
- Cut Gala apples (or whichever kind you prefer) and dip them in pineapple juice so they don't discolor right away.