

Creamed Apple Pie

2-3 cups peeled apples, sliced thin

1 C sugar

6 T flour

1 C whipping cream, not whipped

1/4 tsp. salt

1 tsp. vanilla



Directions:

Line pie plate with crust. Fill with sliced apples, allowing enough room for the cream mixture. Combine sugar, flour, and salt before adding cream and vanilla. Stir well. Pour over apples. Sprinkle with cinnamon. Bake at 350 degrees for 50-60 minutes or until apples are done and cream mixture is thick. Serve warm. Refrigerate leftovers.

Use a pre-made crust or try the following:

1 1/2 C flour

1 T sugar

1/2 C vegetable oil

2 T milk

Mix dry ingredients in pie pan, then add milk and oil - mix well. Add all at once and press evenly in bottom and up sides of pan.

Quick Apple Punch

- 1 quart (4 cups) Apple Cider
- 2 cups cranberry juice cocktail
- 2 tsp. lemon juice
- 4 cups ginger ale

Combine ingredients in a large bowl. Stir and serve over ice. Makes 15 servings

NILLA APPLE CRISP

8 cups thinly sliced peeled apples (about 4 large/2 lb.)

1/2 cup firmly packed brown sugar, divided

2 tsp. ground cinnamon, divided

1/3 cup old-fashioned or quick-cooking oats

1/4 cup cold margarine

25 Reduced Fat NILLA Wafers, crushed (about 1 cup crumbs)

1-1/2 cups thawed Whipped Topping

PREHEAT oven to 350°F. Toss apples with 1/4 cup of the brown sugar and 1 tsp. of the cinnamon. Spoon into 8- or 9-inch square baking dish.

COMBINE oats, the remaining 1/4 cup brown sugar and 1 tsp. cinnamon in medium bowl. Cut in margarine with pastry blender or two knives, until mixture resembles coarse crumbs. Add wafer crumbs; mix well. Spread crumb mixture evenly over apples.

BAKE 30 to 35 min. or until apples are tender. Serve with whipped topping.



For more information or to request more brochures contact:

Iowa Department of Agriculture & Land Stewardship (IDALS)

502 East 9th

Des Moines, IA 50319

Phone: 515-281-7657

Fax: 515-281-6178

www.iowaagriculture.gov



Fresh Facts

An Apple Approach



FUNDS FOR IDALS FRESH FACTS WERE PROVIDED BY
A USDA SPECIALTY CROPS GRANT

APPLES

A Trip to the CORE of Apples...

Why not eat apples? Even if it's just one a day, it has been said to keep the doctor away. They prove to be a delicious and nutritious snack. An apple is an excellent source of vitamins and fiber, not to mention that they are fat-free, sodium-free and cholesterol-free. Half of the vitamin C content lies just underneath the skin of the apple, so eat the apple with its skin on. One apple serving is one tennis-ball sized apple; 6 ounces of 100% apple juice; a cup of applesauce or a cup of dried apples.

Apples have been the topic of several studies and the results show just how important apples really are to your health. Apples are said to help improve learning and memory. They also aid in fighting heart disease, cancer and may even be beneficial to weight loss. They could even be the solution that dentists have hoped for in keeping your teeth clean.

Get Your

Apple Serving In Today!



HISTORIC APPLE-CATION:

Apples are the most popular and flavorful fruit in the world. But do you know where they come from? Apples likely originated in Asia. Eventually, travelers from the Roman Empire brought them to England during the 1st century BC. The pilgrims then brought apples to the NEW WORLD and they were first planted in the Massachusetts Bay Colony. The first apple orchard was in Boston, and now apples are grown in over half of the states within the US.

Apple Nutritional Facts:

Serving Size: 1 medium apple

Calories 80

Protein 0g

Total Fat 0g

Saturated Fat 0g

Cholesterol 0mg

Sodium 0mg

Potassium 170 mg

Total Carbohydrates 22g

Dietary Fiber 5g

Sugars 16g

Apples in IOWA

Iowa's Impact on the World of Apples



- The famous DELICIOUS apple was grown originally in Iowa by Jesse Hiatt, in Madison County, until it was propagated by David Stark Co..
- There are over 140 apple orchards in Iowa.
- Iowa's largest apple crop was reported in 1910.
- Almost all the apples that are produced in Iowa are sold in Iowa.

Apple Assortment:

Did you know that there are over 2,000 different kinds of apples grown in the United States? Some apples vary by taste and color. Apple varieties range in size from a little larger than a cherry to as large as a grapefruit. To see an extensive list of apple varieties, check out the following website:

<http://www.allaboutapples.com/varieties/index.htm>

Apple Storage Tips:

While apples can be kept in a garage or basement, they will stay fresher longer if kept in a perforated plastic bag and stored in the refrigerator (35-40 degrees). Mature apples picked in October and kept in the refrigerator can last for months.