



The Montana Harvest of the Month program showcases Montana grown foods in Montana schools and communities. This program is a collaboration between Montana State University Extension, Gallatin Valley Farm to School, Montana Department of Agriculture, Montana Organic Association, and FoodCorps Montana. More information and resources are available at: [mtharvestofthemonth.org](http://mtharvestofthemonth.org)



“Branch out” and try a different way of cooking and eating apples! Try baking larger apples by removing the core with a knife, leaving 1/2 inch of the apple core intact at the bottom. Put a small amount of seasoning in the hole. Place apples in a baking pan and add 3/4 cup water to the pan. Bake at 375°F for 30-40 minutes or until desired tenderness is achieved.

## Cooking

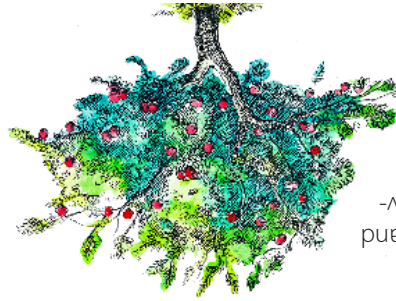
Choose firm, shiny, smooth-skinned apples with intact stems. Apples should smell fresh, not musty. Remove apples with bruises or rot from the bag or container so they do not spoil the other apples. Refrigerate apples in a plastic bag, away from strong-smelling food. Store away from other fruits, as apples naturally produce ethylene, which may cause other fruits to prematurely ripen. Eat within three weeks. Prevent cut apples from browning by dipping them in lemon juice.

## Buying Tips

# Apples



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## Did You Know

- The wild ancestors of apples grow in the mountains of central Asia.
- There are over 7,500 varieties of apples grown worldwide and 2,500 are grown in the US. However, only a handful of varieties are commonly found in grocery stores today. Check out Orange Pippin online for listings and descriptions of apple varieties ([www.orangepippin.com](http://www.orangepippin.com)).
- Apples were brought to the United States in the 17th century.
- The Bitterroot Valley and other areas in the western and south central part of Montana are the largest apple producing areas in the state.

## Nutrition Information

Apples are a good source of fiber and contain vitamins and minerals such as vitamin C and potassium. Most of the apple's nutrients are located just below the skin and are removed when peeled. Potassium is an electrolyte and is needed for many functions in the body, including the electrical activity of the heart. Apples contain the antioxidant quercetin which has anti-inflammatory properties that helps protect the body from bad LDL cholesterol. Quercetin can reduce the risk of stroke, cardiovascular disease, and can lower blood pressure levels.

## Dig Deeper

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