

## GOOD FOR YOU!

Research continues to show support that an apple a day really can keep the doctor away.

### Did you know that apples.....

- ▶ Are fat-free, cholesterol-free and sodium-free
- ▶ Are an excellent source of fiber (one large apple contains more fiber than a bowl of cereal)
- ▶ Pack the antioxidant and anticancer activity equal to 1,500 mg of vitamin C
- ▶ Contain boron, an essential element that helps harden bones to avoid osteoporosis
- ▶ Help reduce the risk of heart disease, cancer, stroke, Type 2 diabetes and asthma
  - ▶ Protect arteries from the harmful buildup of plaque
- ▶ May improve memory and learning, by protecting against oxidative damage that contributes to Alzheimer's and other age-related illnesses
  - ▶ Are called "nature's toothbrush" because of their ability to clean and whiten teeth
- ▶ Contain only 80 calories each and have been shown to help with weight loss



More health facts at  
[MichiganApples.com/healthy-living](http://MichiganApples.com/healthy-living)

## Great Lakes, Great Flavors™

Tasty recipes available at  
[MichiganApples.com/recipes](http://MichiganApples.com/recipes)



### Apple Salsa

- 2 medium red Michigan Apples
- 2 tablespoons lime juice
- 1/2 cup chopped orange segments
- 1/2 cup finely chopped onions
- 1/2 cup finely chopped green pepper
- 1 finely chopped jalapeno
- 1 clove garlic, minced
- 2 tablespoons chopped fresh cilantro
- 1 tablespoon apple cider vinegar
- 1/2 teaspoon ground cumin
- 1 teaspoon vegetable oil

Core and dice apples into 1/4 inch pieces. Toss immediately with lime juice. Stir in remaining ingredients. Chill 2 hours. Delicious as a dip for tortilla chips. Also can be served over fish, chicken or turkey. Yield: 3 cups.



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## Great Lakes, Great Flavors™

# MICHIGAN APPLES

PURE MICHIGAN®



[MichiganApples.com](http://MichiganApples.com)

# HOW DO YOU LIKE THESE APPLES?

From the most traditional varieties to tasty new ones, apples are growing better than ever in Michigan. We have more than 20 different varieties produced commercially. You're sure to find one to suit your taste.



**FUJI** — Relatively new to Michigan, Fuji is Japan's longtime favorite and for good reason. Sometimes called "honey apple" because of its fantastically sweet and tart flavor, and low acid content. Perfect fresh, it also makes great applesauce.



**GALA** — Fit for royalty. With its vertical striping and relatively thin skin, this apple has a soft bite over a mellow sweetness. Use it fresh or for cooking. Looks great, smells sweet and eats like a dream!



**GOLDEN DELICIOUS** — Known for its gingery-smooth, sweet taste, this yellow-skinned apple is one of the most popular. A top choice when it comes to making applesauce or cider, and baking pies and other desserts.



**HONEYCRISP** — Sweet as honey, with a crisp bite. Fairly new, it has rapidly become prized for its firmness, unusual coloring and excellent sweet, yet tart flavor. Get it while you can — they go fast! Best served fresh.



**JONAGOLD** — A taste test favorite! Praised for its perfect blend of gingery smoothness from the Golden Delicious and the spicy tang from the Jonathan. This Michigan Apple is a must try either baked or fresh.



**MCINTOSH** — This ultra-juicy, white flesh apple has a lightly tart flavor and excellent fresh aroma. A classic by any standard, this apple is a perky addition to salads, and is excellent for making applesauce, cider and baking.

## OTHER POPULAR VARIETIES:

VARIETY	TASTE	USE
<b>Braeburn</b>	mildly sweet, crispy	fresh & baked
<b>Cortland</b>	sweet with hint of tartness	baked
<b>Empire</b>	combo sweet-tart	fresh & baked
<b>Ginger Gold</b>	sweet, mildly tart	fresh
<b>Ida Red</b>	tart, firm, juicy	fresh
<b>Jonamac</b>	rich, spicy taste	fresh & baked
<b>Jonathan</b>	crisp, spicy tang	fresh & baked
<b>Mutsu</b>	sweet, spicy flavor	fresh & baked
<b>Northern Spy</b>	mildly sweet, juicy	baked
<b>Paula Red</b>	sweet-tart, juicy	fresh & baked
<b>Red Delicious</b>	sweet, juicy, crunchy	fresh
<b>Rome</b>	mildly tart, juicy	fresh & baked

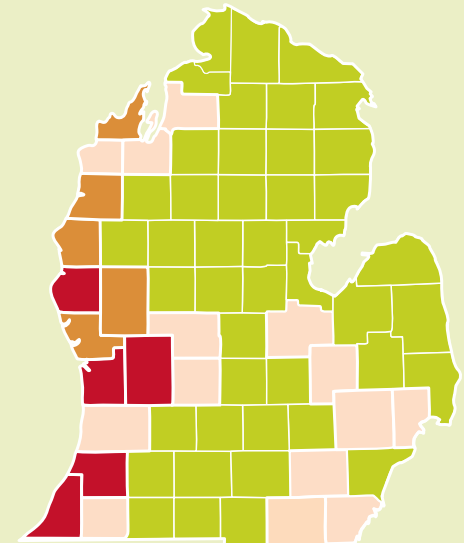
## CARING FOR APPLES AT HOME:

- ▶ Apples bruise easily so handle them gently.
- ▶ Refrigerate your apples for best quality.
- ▶ Refrigerate in the crisper section; cool air helps maintain quality.
- ▶ Store apples in a ventilated bag away from foods with strong odors.

## "GREAT LAKES, GREAT FLAVORS™"

### Industry Facts:

- ▶ Apples are Michigan's largest and most valuable fruit crop.
- ▶ Value-added marketing and processing enhance the economic contribution of Michigan apples, resulting in more than \$800 million of economic impact annually.
- ▶ Michigan produces 20–27 million bushels of apples annually, making it one of the top three apple-producing states in the nation.
- ▶ There are over 7.5 million apple trees in commercial production, covering 37,000 acres, on 900 family-operated orchards throughout Michigan's Lower Peninsula.
- ▶ Over half of Michigan's apple production is sold to processors, who transform raw apples into many products including applesauce, fresh-cut apples, juice and pie filling.



APPLE PRODUCTION INTENSITY



A list of Michigan cider mills, pick-your-own orchards and farm markets may be found at [MichiganApples.com/farm-markets](http://MichiganApples.com/farm-markets).