

## 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/health](http://MichiganApples.com/health)

## Great Lakes, Great Flavors™



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

### Harvest Apple Salad

2 cups lettuce mixture  
4 slices (2 oz.) reduced-fat turkey breast, cut into strips  
1/2 cup thin wedges red Michigan Apples\* (about 1/2 medium apple)  
1/3 cup red or green seedless grapes  
1/4 cup (1 oz.) shredded reduced-fat Cheddar cheese  
2 tablespoons fat-free ranch dressing

Layer ingredients, except dressing, in order listed. Toss gently with dressing when ready to serve.

**\*Suggested Michigan Apple varieties:**

Empire, Gala, Jonagold, Jonathan, McIntosh, Rome.



Michigan Apple Committee  
13105 Schavey Road, Suite 2  
DeWitt, MI 48820  
Phone: 1-800-456-2753  
Fax: 517-669-9506

# MICHIGAN APPLES

Great Lakes, Great Flavors™



[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.



**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.



**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!



**JONATHAN** – Pretty and popular, this variety has a crisp, spicy tang that blends well with other apples. Often referred to as an old American dessert apple, it's actually great for fresh-eating and baking.



**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.



**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.



**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>Paula Red</b>	sweet-tart, juicy	fresh & baked
<b>Empire</b>	combo sweet-tart	fresh & baked
<b>Ida Red</b>	tart, firm, juicy	fresh
<b>Rome</b>	mildly tart, juicy	fresh & baked
<b>Red Delicious</b>	sweet, juicy, crunchy	fresh
<b>Ginger Gold</b>	sweet, mildly tart	fresh
<b>Jonagold</b>	sweet, firm, juicy	fresh & baked
<b>Northern Spy</b>	mildly sweet, juicy	baked
<b>Cortland</b>	sweet with hint of tartness	baked
<b>Mutsu</b>	sweet, spicy flavor	fresh & baked
<b>Jonamac</b>	rich, spicy taste	fresh & baked

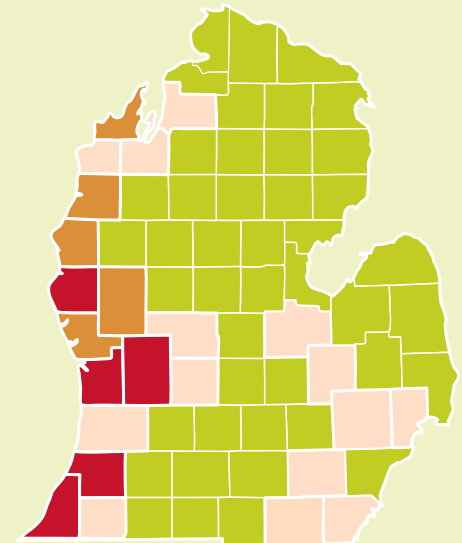
## CARING FOR APPLES AT HOME:

- Apples bruise easily so handle them gently
- 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, adding up to \$500 million of economic impact annually.
- On average Michigan produces 20 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 950 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, juice and pie filling.



APPLE PRODUCTION INTENSITY



A list of Michigan cider mills and farm markets may be found at [MichiganApples.com](http://MichiganApples.com).