



Apples

The crunch of a fresh Washington apple is a signal that fall has arrived. Crisp, sweet, crunchy, juicy, tart, and tangy are the range of flavors that describe the over 30 varieties grown in Washington. It is not surprising the average U.S. consumer eats about 17 pounds of fresh apples a year—about one apple per week. Apples are ideal for adding to a salad, baking into pies, saucing, or freezing for later use.

Nutrition

Common folklore suggests “An apple a day keeps the doctor away.” Well, that’s good advice! Eating one large apple provides 20% of the recommended daily value of dietary fiber, 8% of the antioxidant Vitamin C, and 7% of your day’s potassium—all for only 130 calories—with no fat, sodium, or cholesterol.

Selection

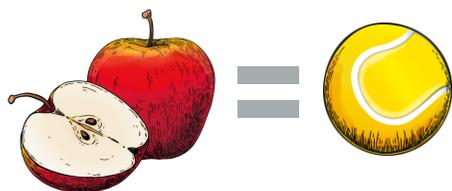
Look for apples that are firm and do not have broken skin, bruises or soft spots. You can gently press a small area of the skin to make sure it’s firm to the touch. When selecting for fresh eating, avoid apples that are noticeably soft, mushy, or indent easily after you press the skin. These aren’t necessarily bad apples but won’t be the best for fresh eating. Instead, use softer apples for blending in a smoothie, making into a fresh juice, or when making homemade applesauce.

To clean before processing apples, gently rub produce under cold running water.

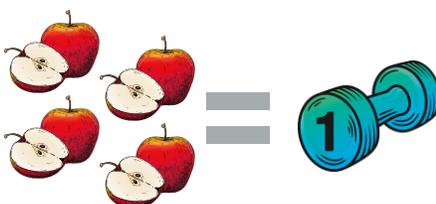
Storage

Whole apples can be stored at room temperature for a few days. They can be stored in the refrigerator in a crisper drawer or open bag for up to 6 weeks. For best storage, avoid peeling or slicing until ready to eat. To prevent browning for cut apples, use an anti-darkening agent such as lemon or orange juice, or a commercial anti-browning product. Once apples are cut, they are perishable food, and need to be refrigerated.

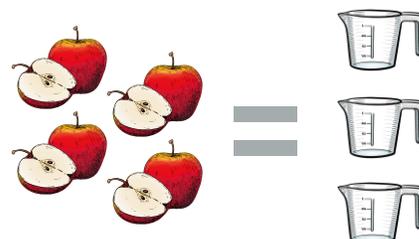
Measurements



Size



Weight



Volume

Freezing

- Select crisp, firm fruit.
- Wash, peel, core and slice.

To prevent browning during preparation, place cut fruit immediately into a bowl of water containing anti-darkening agent. Drain. Pack in your choice of sugar syrup, sugar, or without sugar in moisture-vapor proof freezer containers or freezer weight plastic bags. Label, seal and freeze.



Note: Syrup pack is preferred for apples to be used for uncooked dishes. A sugar or dry pack is good for pie making.

Drying

Preparation: Select mature, firm apples. Wash well. Peel if desired, and core. Cut in rings or slices 1/8 to 1/4 inch thick or cut in quarters or eighths.



Pretreatment: Pretreat with anti-darkening solution to prevent discoloration. Drain well.

Drying Procedure:

- Arrange in single layers on drying trays.
- Dry at 140°F for 6-12 hours until leathery to crisp, no moist areas remain.
- Cool thoroughly. Package dried apples in moisture/vapor proof containers. Label. Store in a cool, dark, dry place.



Note: If adding seasoning to apples for apple chips, remember dry spices concentrate with drying.

Boiling Water Canning

Apple Slices (apples for baking)

Apples can be processed following the boiling water canning method. An average of 19 pounds is needed per canner load of 7 quarts; an average of 12-1/4 pounds is needed per canner load of 9 pints.

Select apples that are juicy, crispy, and preferably both sweet and tart.

Wash, peel, and core apples. To prevent discoloration, slice apples into water containing anti-darkening agent. Place drained slices in a large saucepan. Add your choice of 1 pint water or very light, light, or medium sugar syrup for every 5 pounds of sliced apples. Boil apples for 5 minutes, stirring occasionally.



Fill hot jars with hot apple slices. Cover with cooking liquid, leaving 1/2-inch headspace.

Remove air bubbles and adjust headspace if needed. Wipe rims with a dampened paper towel. Adjust two-piece lids and process in boiling water canner according to directions below.

Once processing is complete, turn off heat, remove canner lid and wait 5 minutes before removing jars. Let cool, undisturbed, for 12 to 24 hours at room temperature hours and check seals. Wipe jars, remove rings, label, and store in cool, dry place.

Processing Directions:

Style of pack	Jar Size	1–1,000 ft	1,001–3,000 ft
Hot	Pints or Quarts	20 minutes	25 minutes



Applesauce

An average of 21 pounds is needed per canner load of 7 quarts; an average of 13½ pounds is needed per canner load of 9 pints – an average of 3 pounds per quart.

Select apples that are sweet, juicy and crisp. For a tart flavor, add 1 to 2 pounds of tart apples to each 3 pounds of sweeter fruit.

Wash, peel, and core apples. If desired, slice apples into water containing an anti-browning agent. Place drained slices in an 8- to 10-quart pot. Add ½ cup water. Stirring occasionally to prevent burning, heat quickly until tender (5 to 20 minutes, depending on maturity and variety of apples). Press through a sieve or food mill, or skip the pressing step if you prefer

chunk-style sauce. Sauce may be packed with or without sugar. If desired, add 1/8 cup sugar per quart of sauce, stir and heat to dissolve. Taste and add more, if desired. Reheat sauce to boiling.

Fill hot jars with hot sauce, leaving ½-inch headspace. Remove air bubbles and adjust headspace if needed. Wipe rims with a dampened paper towel. Adjust two-piece lids and process in boiling water canner according to directions below.

Once processing is complete, turn off heat, remove canner lid and wait 5 minutes before removing jars. Let cool, undisturbed, for 12 to 24 hours at room temperature hours and check seals. Wipe jars, remove rings, label, and store in cool, dry place.

Processing Directions:

Style of pack	Jar Size	1–1,000 ft	1,001–3,000 ft
Hot	Pints	15 minutes	20 minutes
Hot	Quarts	20 minutes	25 minutes

Preserve Skagit Crop Sheets describe three food preservation techniques—freezing, drying, and boiling water canning—consistent with USDA Food Preservation and Food Safety recommendations. Pressure canning for low acid foods such as meats and vegetables is not included.

Additional resources and recipes, as well as information on Pressure Canning, can be found on the WSU Skagit Food Preservation Website <https://extension.wsu.edu/skagit/fam/food-preservation/> or the National Center for Home Food Preservation <https://nchfp.uga.edu/index.html>.

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