



Apples

Did You Know?

You can get the most nutrition and flavor from an apple by leaving the skin on.

Apple peels are packed with vitamins A and C as well as many important minerals and antioxidants.

Try incorporating an unpeeled apple into your next snack:

- Sliced and dipped in nut butter.
- Diced as a topping on your favorite salad.
- Prepared in a baked dessert such as an apple crisp, pie or tart.



Photo by: [Stefani](#)/Flickr

Apples are one of nature's super fruits, providing rich varieties of tart and sweet flavors that offer an excellent source of many vitamins and minerals.

Health Benefits

While an apple a day might not keep every doctor visit away, research has shown that apples can have many health benefits. Regular consumption of apples has been shown to:

- Improve cardiovascular health by reducing cholesterol
- Keep you feeling full longer and help move food through the digestive system
- Improve lung function
- Provide protection from some types of cancer

Selection

Begin by choosing an apple for cooking or eating. Look for apples that have vibrant coloring, are firm to the touch and are free from physical damage such as bruising.

- Eating apples: are crisp, juicy and sweet and include Honeycrisp, Fuji, Red Delicious, Gala and Braeburn varieties.
- Cooking apples: are firm and maintain structure when heated and include Pippin, Granny Smith, Jonagold and Gravenstein varieties.

Before eating or cooking preparation, always rinse apples in cool, clean water.

Storage

- Whole apples: can be stored in the refrigerator for 1-3 weeks in a plastic bag in the crisper drawer. Make several holes in the bag for ventilation.
- Sliced apples: can be stored in the refrigerator for several days in an airtight container with lemon juice to prevent browning.

For more information on selecting and enjoying Colorado apples, read [Apple Facts](#) on the **Colorado Farm to Table** website.