

APPLES | LA MANZANA

FEATURED FARMS:*



**FRESH
RIGHT
NOW** 

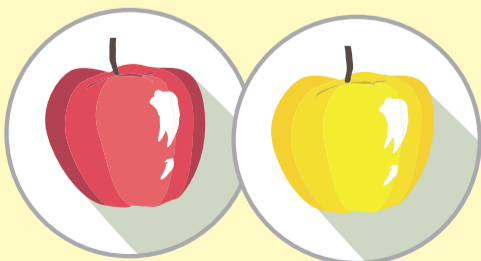
FRECON FARMS
501 S. READING AVE.
BOYERTOWN, PA 19512
610-367-6200
FRECONFARMS.COM

GOGLE FARMS
5017 MULBERRY ST.
COPLAY, PA 18037
610-262-4275
GOGLEFARMS.COM

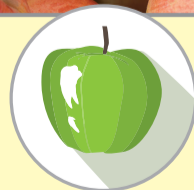
HAUSMAN FRUIT FARM
2824 LIMEPORT PIKE
COOPERSBURG, PA 18036
267-980-3409
HAUSMANFRUITFARM.COM

SCHOLL ORCHARDS
3057 CENTER ST.
BETHLEHEM, PA 18017
SCHOLLORCHARDS.COM

***Visit buylocalglv.org to see the most updated list!**



▲ Pictured above - Apple Varieties:
Top Left: Golden Delicious Apples
Top Right: Granny Smith Apples
Bottom: Gala Apples



* On a sweetness to tart scale, Gala apples rank near the sweet end while Granny Smiths rank as the most tart. Golden Delicious Apples rank close to the middle.

The legend of Johnny Appleseed came from the real John Chapman born in Massachusetts in 1774 who would travel around and plant apple orchards on unclaimed land and then return years later to make a profit by selling the trees or turning the tart apples into two popular drinks at the time- Applejack and hard cider.



An NNC
Program

Pictured on front: Jonathan Apples

Fall apple picking, juicy apple pies, mouth-watering apple cider donuts - apples offer many fun and tasty experiences the whole family can enjoy. There are over 100 varieties of apples grown in PA- each with unique taste profiles and sweetness levels. You can find your favorite variety at the local farmers' markets or farm stands. Many of our local fruit farmers also offer unbeatable apple baked goods and ciders straight from their farm to your table.

Health Benefits of Apples:

Those crisp apples we know and love don't just taste great with their natural sugars, but are also a great source of fiber and phytochemicals with antioxidant effects which can promote gut and heart health. The apple's skin contains fiber and Vitamin C. Though the old saying "an apple a day keeps the doctor away" is somewhat of a myth, studies have shown that 'the small fraction of US adults who eat an apple a day do appear to use fewer prescription medications.' So eat more apples! [1]

Growing Local Apples:

Pennsylvania's Appalachian Mountains offer more than just great hikes and scenic views. They also help protect apple trees from harsh weather by acting as a buffer. Some of PA's rolling hillsides with well-draining soils provide ideal locations for orchards and apple trees. By growing diverse varieties of apples with different ripening speeds, apple orchards allow farmers to have longer growing seasons and offer more options to their customers. Fruit trees, like apple trees, capture carbon, produce oxygen, stabilize the soil with their roots, and provide shade, all of which are important for local ecosystems. They also produce fruit from flowers which attract birds, bees, butterflies, and other pollinators.

Many of our local farmers use sustainable practices like Integrated Pest Management or "IPM." IPM focuses on the long-term prevention of pests through ecosystem-based strategies that work with the environment rather than against it. [2]

Common Apples Varieties in PA:

- Jonathan - September
- Honey Crisp - early to late September
- Golden Delicious - early to late September
- Empire - September
- Gala - mid to late September
- McIntosh - mid to late September
- Fuji - mid September to mid October
- Jonagold - early to late September
- Gold Rush - mid to late October
- Granny Smith - mid October to mid November
- Pink Lady - mid October to mid November
- Rome - mid October to mid November



Pictured Above:
McIntosh Apples

FUN FACTS!

Apple trees can take
4 to 5 years to
produce their
first fruit!

- During the prohibition era in the 1920s, the FBI burned down many apple trees because at the time they were mostly grown for hard cider. After the prohibition era, farmers began developing varieties that could be enjoyable to eat, not just drink. [3]
- Just like tomatoes, there are heirloom apple varieties! Referred to as 'Antique Apples,' these varieties (Winesap, Annas Reinette, Wolf River) are known for their unique flavor and texture. Unlike many commercial apple varieties, you can save these apple seeds to replant for the next growing season.
- About 45% of PA apples are grown for eating fresh from markets while the other 55% are used to make delicious 'value-added' products like applesauce, apple cider, apple juice, and packaged apple slices. [3]

[1] Pendick, D. (2015, April 2). An apple a day may not keep the doctor away, but it's a healthy choice anyway. Harvard Health. Retrieved February 4, 2023, from health.harvard.edu/blog/
[2] Growing practices - frecon farms: Fine fruit, Cider, Upick & Bakery in Pennsylvania. Frecon Farms. (n.d.). Retrieved February 4, 2023, from <https://freconfarms.com/the-orchard/growing-practices/>
[3] Picked: An apple trail. visitPA. (n.d.). Retrieved February 4, 2023, from <https://www.visitpa.com/trip/picked-apple-trail>
[4] Baked Apple recipes: Gogle Farms: Laurys Station, PA. Gogle Farms. (2016). Retrieved February 5, 2023, from <https://goglefarms.com/recipes>

FRESH FRUIT COBBLER Recipe

Serving Size: 9 / Prep Time: 25 mins / Cook Time: 40 mins

*Adapted from Gogle Farms Recipe [4]

Ingredients:

- 3 cups apples, approx. 4 sliced apples
- ¾ cup sugar
- 2 tablespoons flour
- 2 tablespoons butter
- 1 cup flour, *sourced locally, e.g. Red Cat Farm
- 1 egg
- 1 ½ teaspoons baking powder
- ½ teaspoon salt
- 2 tablespoon sugar
- 1/3 cup Crisco oil
- ¼ cup milk, *sourced from local dairy farms

Directions:

- Preheat oven to 350 °F
 - Place sliced apples in a 9 X 2 inch round baking dish.
 - Mix 2 tablespoons of flour and 2 tablespoons of sugar together and sprinkle over fruit. Dot with butter to prevent the juices from bubbling over.
 - To make pastry batter, sift together in a bowl 1 cup of flour, baking powder, salt and ¾ cup sugar. Add oil and blend. Then add milk and egg. Stir until thoroughly blended. Batter will be stiff.
 - Use a tablespoon to distribute the pastry batter over the fruit, arranging in a circle and leaving the center open. Bake for 40-45 minutes until fruit is tender and topping is golden.
- Serve warm with ice cream or milk.

*Note: 3 cups of fresh peaches or berries can be substituted for apples.

Store in fridge.



Apple Storage & Preservation: You can ask your local farmer about the best preservation methods for different apple varieties. In general, apples can be kept from browning by reducing their exposure to air and keeping them in the fridge. To preserve apples try freezing, canning, drying, fermenting, or turning them into applesauce, butter, baked goods, or cider vinegar.



This flyer, part of Nurture Nature Center's "Fresh Right Now: Advancing Agritourism in the Lehigh Valley through Seasonal Food Education" project, is supported by the 2022-2023 Pennsylvania Agriculture Product Promotion, Education and Export Promotion Matching Grant.