

## Apples



Type	Description/Taste	Applications/Preparations
<b>McIntosh</b>	Round, medium; thicker skin; color and taste (red or green) are related to date of harvest—early = more green/less sweet; white flesh that is crisp and juicy; flavor will decrease as fruit is stored	Good for sweet and savory dishes; delicate flesh that will break down when heat is applied; pair with more dense apples if using in a pie (e.g., Granny Smith); diced McIntosh apples add sweetness to cakes, breads, donuts; juiciness = good for cider and juice; flavor pairs well with maple, pecan, pork, cinnamon, nutmeg and strong cheeses (feta, gorgonzola, and sharp cheddar)
<b>Cameo</b>	Round, medium with creamy yellow skin that develops red stripes (as the fruit is ready for harvest); thin and delicate skin (trademark); dense flesh with crisp and juicy texture; balance of sweet and tart (think honey and citrus blend)	Good for sweet and savory dishes; they are more resistant to browning (than other apple varieties) so also good as edible garnish; sweet flavor enhances cooked preparations; dense flesh holds consistency; great for pizza toppings, chunky pastry fillings and baked apples; pairs well with squash, bacon, pears, as well as cheddar and ricotta cheese
<b>Cortland</b>	Round, medium bright red fruit; sometimes covered in dark red streaks capped with a green blush; thin skin; crisp white flesh that is JUICY; sweet, tart flavor	Slow to brown; great for fresh apple dishes—sandwiches, burgers, fruit plate; use instead of crackers with flavorful cheeses; also tasty in cakes, tarts, cobblers, quiches, sauces and preserves
<b>Ida Red</b>	Round, medium red skin, though sometimes tinted pin; juicy and sweetly tart with firm, pale yellow-green flesh	Excellent for sauces, cooking, baking as the firm flesh responds well to heat; makes pretty applesauce—cook apples with skin, then strain to get a rosy, pink color
<b>Mutshu Crispin</b>	More oblong than round; medium to large size; smooth bright to yellow skin; firm white flesh that is crisp and juicy with a sweet-tart flavor with hints of spice; flavor becomes sweeter with storage	With its sweet and (subtly) spiced flavor, this apple is an excellent dessert offering; sliced, baked hollowed/stuffed; sweetness compliments pies and tarts; they add moisture to muffins, breads and cakes; good accompaniment for robust cheeses
<b>Macoun</b>	Round, medium; dark red fruit with a creamy, white flesh; rich “apple” flavor with hints of berry; very juicy and sweet with a crunch; one the parents to Honeycrisp apples	Touted as the “best all around” for eating whole; also good for sauces, cakes, pies, crisps, tarts, cheese and wine
<b>Granny Smith</b>	Round, medium to large in size; bright green thick skin; firm and juicy; bright white and crisp flesh with tart, slightly acidic (but a bit sweet) taste	Often, the choice for baking (related to the acidity and ability to hold shape when cooked); also good for savory pies, tarts and meat pastries; soups, smoothies and stuffing; slow to brown with cut, can showcase well in a salad, salsa, or lunchbox

**Nutrients/nutrition:** Consider a medium-sized apple to be 1 serving. It provides ~95 calories, 17% of one’s daily fiber needs, 11% of vitamin C needs and as a low glycemic index food, can also assist with blood sugar regulation.

***Eat well to be well!***