

Lifetime Learning Proudly Presents – Apples

As summer comes to a close, the return of apples in September reminds us harvest season has arrived. Sweet and tart, apples lend themselves to savory dishes and desserts in equal measure, giving plenty of reason to stock up.

Here are some fun facts about apples: Did you know it takes two pounds of apples to make one nine-inch apple pie? Also, apples ripen up to 10 times faster at room temperature than in the refrigerator. Apples are the second most valuable fruit grown in the United States. Oranges are first. And were you aware that the Pilgrims planted the country's first apple trees in the Massachusetts Bay Colony?

Now this is interesting and something I bet you did not know. Twenty-five percent of the apples volume is air – that's why they float. Also, do you know how many apples it takes to create one gallon of apple cider? If you guessed 36 you would be correct. Apples contain malic acid, a chemical used in teeth whitening products, which helps dissolve stains. Wow – they can even keep your teeth white.

Here are some other health benefits: Apples are a good source of soluble fiber, which can lower blood cholesterol and glucose levels. They may help to keep capillaries and other blood vessels healthy while at the same time aiding the body in the absorption of iron. Plus they are an excellent source of Vitamin C. All that and they come in shades of red, green and yellow. They are truly a wonderful and healthy item to eat.

The following recipes cover apple presentations from appetizers, salads, entrées, and desserts. I hope you get a chance to prepare a few of the fun and easy recipes for your family and guests.

Chef Cal