

NINE TIPS FOR PICKING AND STORING APPLES

by Lee Jackson

- Twist or turn the apple from the branch. If the apple is pulled from the branch, the buds next to it may break and not bear fruit the next year.
- Redness is not a true guide to flavor. Apples come in all shades of reds, yellows, and greens. Choose clear colored apples. Often those with an intense green undercast or undertone are not completely ripe. Those with a dull yellowish-green undercast may be too ripe.
- Choose apples that are free from bruises, blemishes, and skin breaks. They should be firm with no soft spots or bruises, breaks in the skin or insect damage.
- When apples are thumped lightly with the knuckle, they should sound hollow, but not dull. Their smell should be flowery and aromatic.
- Store apples in their plastic bag in the crisper part of the refrigerator at close to 32 degrees. The freezing point of apples, which is damaging to the fruit, is about 28 or 29 degrees.
- If storing for a longer period of time, wrapping apples in newspaper helps to keep them from shriveling up. Check frequently for signs of spoilage.
- Keep apples away from such vegetables as cabbage, turnips or potatoes as apples pick up flavors easily and will often develop an off-flavor. They will also have a reduced storage life among such vegetables.

- Wash apples just before using, as their protective coating helps keep them from becoming dehydrated and bruised.
- Buy apples when they are at their freshest. Visit roadside stands, apple orchards, and produce centers to savor the delectable fruits of the harvest.

Lee Jackson is a recognized authority on food and cooking. Her website www.imagesunlimitedpub.com provides a wealth of informative articles and resources on subjects related to food and care and education of children.

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