



APPLES

Cafeteria Connection

Tell Me about Apples

Apples are Washington state's largest agricultural product with over four billion pounds of apples harvested annually. All apples are hand-picked, as there are no machines that can harvest apples as effectively as humans. Most Washington apple orchards are clustered around the eastern foothills of the Cascade Mountains.

Some of the state's most popular varieties include Gala, Fuji, Red Delicious, Granny Smith, Golden Delicious, Pink Lady, Honeycrisp, Jonagold, and Cosmic Crisp—a variety that is exclusively grown in Washington state

Crediting Information

- Apples contribute to the fruit meal pattern component by volume served. For example, 1/2 cup sliced apples credits as 1/2 cup fruit.
- For whole apples, apple sizing is designated by count – the number of apples that can be packed in a case. The smaller the count, the larger the apple. For example, the most common size apple used in Child Nutrition Programs is 125-138 count, which equates to 1 cup of fruit.
- 100 count apples are also common, which equates to 1 1/2 cups fruit.
- Fruit may be fresh, frozen, canned (packed in water, fruit juice, or light syrup), and/or pasteurized, full-strength fruit juice, referred to as 100% juice, to credit as a fruit component. Dried fruits, including freeze-dried fruits, credit differently for each program, so please check with your specialist.



Nutrition Facts

Apples are a good source of fiber, which is important for maintaining a healthy heart and digestive system and regulating blood sugar, and Vitamin C, which helps with healing, keeps skin and gums healthy, and supports immune function. Apples also contain large quantities of several phytochemicals like quercetin, catechin, chlorogenic acid, and anthocyanin, which are strong antioxidants that help regulate inflammatory and immune response.



Selection and Storage

Apples without bruises or soft spots will stay fresh for up to seven days at room temperature or a few weeks to months in the refrigerator depending on the variety. Spoiled apples will cause others to go bad, so throw away any that are badly bruised, leaking, or have visible mold growth. Always wash apples before preparing or eating them.

Culinary Tips

- Apples are great for an easy serving of fruit and are often eaten raw, either whole or sliced into segments. Keep an eye out for recipes that use apples creatively as well.
- Apples can be used to sweeten dishes. Baked whole apples can be blended into applesauce, or grated apples can be mixed into salads or baked goods for added flavor.

Recipes

- [Taco Slaw with Apples Wisconsin Recipe for Schools](#)
- [Apples and Almond Butter USDA Recipe for Child Care Centers](#)
- [Baked Sweet Potatoes with Apples USDA Recipe for Adults in CACFP](#)

Sourcing

- [Find Apples](#)
- [Standard Pack Size – Weight-Count Converter Chart for Fruit](#)
- [Produce Size Images](#)
- [WA-Grown Produce Specifications Table](#)
- [Products, Volume and Specifications](#)



Apples in Walla Walla, credit: WSDA



Apples in Grant County, credit: WSDA