

Apples



School Fruit and Vegetable Scheme



Your delivery

- Each pack contains: 10 apples
- Number of pieces per pupil: 1
- **Storage:** Somewhere cool, dry, away from direct sunlight and chemicals, and ideally off the ground. For best storage refrigerate
- **Preparation:** Wash before eating

What to expect

Apples should be bright, clean and firm. Surface blemishes are quite natural and are caused by the fruit rubbing against the stem or other apples. Some varieties, such as Cox, naturally have some russet (darker colouring on parts of the skin). Smooth russet is perfectly acceptable. Fruit with discoloured rot spots, black spots affecting the apple under the peel and large discoloured bruises should be thrown away. Apples that are dry or spongy, sour, bitter or acidic, or have greasy or wrinkled skin should also be discarded. The remaining fruit can be washed and consumed normally.

The School Fruit and Vegetable Scheme provides schools with many varieties of apples. The main varieties supplied are the relatively small fruits. Green varieties include golden delicious, coloured varieties include Gala, Fuji, Braeburn, Cox and Cripps Pink.

Nutritional information

- ✓ Good source of vitamins C
- ✓ Apples contain no fat, sodium or cholesterol and are a good source of fibre

Place of origin

The Egyptians were the first people to grow apples. Apples are now grown in the temperate zones throughout the world. They have been grown in England for 3,000 years. In the Northern Hemisphere during September to March they typically come from the UK and Europe, and in the Southern Hemisphere during April and July from South Africa, Brazil, Chile and Argentina.

Apples



Tips for storing, handling and eating apples at home

- Apples should be stored in a cool, dark place or in the refrigerator (although not below 1.5°C), where they can maintain crispness for up to one month. Apples continue to ripen after harvest.
- Apples should be washed before use. They can be peeled, although this is not necessary. To prevent cut apples from discoloring, rub cut surfaces with a lemon juice and water moisture or dip in orange, lemon or pineapple juice.
- Raw apples can be chopped and added into salads for extra crunch and flavour. Apples may also be juiced, baked whole for dessert or used as an ingredient in pies and crumbles.

Interesting fact

- Apple trees take four to five years to produce their first fruit.
- Apples ripen six to ten times faster at room temperature than if they are refrigerated.
- Apples are a member of the rose family.
- The largest apple ever picked weighed 1.36kg

How apples are grown

- Apple trees are not usually grown from seed; the shoots of a particular variety are grafted onto a different root stock.
- An apple tree will start to bear fruit when it is about three years old.
- In the spring, the trees are covered with white blossom that is pollinated by insects.
- The flowers produce fruit, which continues to grow through the summer and matures in autumn, when it is ready to be picked.
- Apples are picked by hand because mechanical harvesters can damage the fruit and the trees.
- Apples are picked when they are ripe.
- Apple trees rest during winter months, when they are pruned and prepared for the next growing period. It is difficult to grow apples in tropical countries because they do not have a winter season when the trees can rest

Simple recipe

Mix a pinch of cinnamon, a pinch of nutmeg, a medium-sized glass of apple juice and four tablespoons of dried mixed fruit together. Heat to boiling. Reduce the heat and simmer, uncovered for 15 minutes until the fruit is tender. Add a teaspoon of butter. Core four cooking apples and fill the centres with the fruit mixture. Pour over a little more juice. Bake for about 45 minutes at 190°C/Gas Mark 5.

For more information

www.nhs.uk/5aday, www.nhs.uk/change4life, www.food.gov.uk, www.nhs.uk/healthyeating and www.childrensfoodtrust.org.uk