



CWD Healthy Update

CWD Nutrition
Services Department

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Apple Handling Tips

Apples are a fall menu staple. To prevent browning when menuing fresh-cut apples, use a quarter cup apple juice to one cup water and dip the apples. Apple juice is slightly acidic and will not compete with the apple's flavor like citrus juice will.

Apples have a shelf life of 90-240 days when held under refrigerated conditions. Ideal storage temperature for apples is 32° F to 34°F; 90-95% RH. It is important to store apples that have been stored under controlled-

atmosphere conditions in refrigeration after they



are purchased as they are more susceptible to becoming mealy.

Apples produce ethylene and should not be stored near ethylene-sensitive produce. They are moderately sensitive to freeze injury also. In addition,

apples are odor-sensitive. They will absorb odors produced by potatoes, bulb onions, and other strong-flavored produce items.

Apples are sold by size. In general, small apples are 100 to 216 count, and extra-large apples are 64 to 36 count.

In the US, apple grades include: US Extra Fancy, US Fancy, and US No. 1.

Source: [The Packer](#)

Weekly Produce Update

Broccoli—supplies remain limited & quality is also a concern.

Carrots—Jumbo size is in limited supply & heat is impacting quality.

Cauliflower—supplies are starting to increase.

Celery—supplies exceed demand.

Lettuce—demand exceeds supply due to production gaps. Romaine market is more active than other types of lettuce.

Cucumbers—there is a wide range of quality availa-

ble in the marketplace.

Oranges—supply is limited. Navel crop is not expected to be available until at least late October.

Strawberries—quality is improving.

Apple Equivalents

- ◇ 1 lb. = about 4 small apples
- ◇ 1 lb. = about 3 medium apples
- ◇ 1 lb. = about 1 large apple
- ◇ 1 lb. sliced = about 2 cups
- ◇ 1 lb. diced = about 3 cups
- ◇ 2 medium apples (grated) = about 1 cup



Celebrate October!

- National Apple Month
- National Pork Month
- National Spinach Month
- National Seafood Month
- National Pasta Month
- National Popcorn Month
- National Cranberry Month

