

a trip to the ORCHARD

For many of us, the season isn't complete without a day at the apple orchard. Follow our lead to pick, process, and enjoy the freshest haul of the fall.



apple varieties

All apples are worthy of our seasonal adoration, but the flavors and textures of various types make them best suited for particular uses.

FOR SNACKING

Known for their crisp texture and juiciness: Fuji, Braeburn, Jazz, Honeycrisp, Cameo, Cosmic Crisp

FOR BAKING

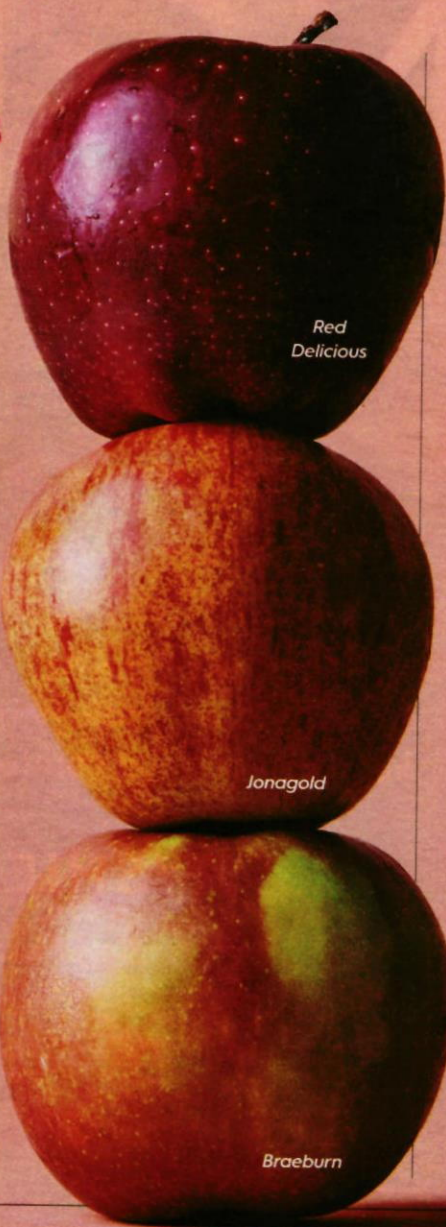
Firm, tart varieties keep their texture and flavor: Granny Smith, Rome, Jonathan, Northern Spy, Winesap

FOR MAKING APPLESAUCE

Sweet flavors, soft textures: Gala, McIntosh, Golden Delicious, Red Delicious, Lodi

FOR STOCKPILING

Thick skins and firm flesh: York, Northern Spy, Fuji, Braeburn, Winesap, Cortland, Granny Smith



Red Delicious

Jonagold

Braeburn

APPLE MATH

1/2

BUSHEL
= 24 pounds
(approximately 60 apples)

1

PECK
= 1/4 bushel
= 12 pounds
(30ish apples)

1

POUND
= approximately 3 cups cored, sliced apples

tips for picks

- Many orchards have calendars to keep you posted on the varieties they grow and what's hot for the taking any given week.
- Apples ripen from the outer branches on the tree toward the trunk.
- The best pickers know: To pluck an apple, grip it delicately with your whole hand and twist the apple upward to pull it off the branch. Place the apple gently into your container instead of just dropping it to prevent bruising.
- Leave behind apples with bruises, blemishes, or outward signs of decay. Avoid apples on the ground.

*** STORAGE NOTES** Apples like cooler temps: Store them between 32°F and 40°F (in your fridge or an unfinished basement) 1 to 2 months. Wrap apples loosely in paper or plastic (not resealable bags) for air circulation.



BUSHEL BOUNTY

If you take home a half-bushel from the orchard, you'll have enough for:



8 APPLE PIES



OR 8 TO 10 QUARTS APPLESAUCE



OR 3 TO 4 QUARTS APPLE BUTTER

apple fritter bread

This swirled quick bread has all the makings of an apple-cinnamon pastry with a fraction of the work. Chopped apples—we suggest a tart variety, such as Granny Smith—stud the tender crumb, and a drizzle of sour cream icing finishes the craggy top. (We'll be impressed if you can wait for it to cool before digging in.) ► For more apple recipes (including our Apple Fritter Bread), use your smartphone to scan the code, right.



MORE APPLE RECIPES

apple cider ideas

If you're tapped out on sipping straight cider from the orchard, try these apple cider fix-ups to finish off the gallon.

CIDER SYRUP

Bring 4 cups *apple cider* to boiling in a 6-qt. pot; reduce heat to medium. Boil gently, uncovered, stirring occasionally, about 35 minutes or until thick, syrupy, and reduced to about ½ cup. (Mixture will thicken as it cools.) Serve over ice cream, apple crisp, or waffles, or use as a fruit dip.



HONEYED HOT CIDER SAUVIGNON

Using kitchen string and a double-thick square of 100%-cotton cheesecloth, tie two 3-inch *cinnamon sticks*, 4 *whole cloves*, and 4 *whole allspice* into a spice sachet. In a 4-qt. Dutch oven bring

4 cups *apple cider*, ¼ cup *lemon juice*, ½ cup *honey*, one 750-ml bottle of *Sauvignon Blanc* or other dry white, and the sachet to a simmer (do not boil). Reduce heat and simmer, uncovered, 20 minutes. Remove sachet. If you like, add a *brandy splash* to each serving. Serves 10. ■