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## APPLES

The many varieties of apples grown in Virginia differ widely in appearance, flesh characteristics, and suitability for different uses. Many persons have favorite varieties for applesauce, for pies, for baking, and for eating as fresh fruit. Whatever variety you choose, select firm, crisp, well-colored apples. Avoid overripe apples and apples affected by freeze.

A bushel of apples weighs about 48 pounds and will yield 18 to 20 quarts of frozen or canned apples.

### FREEZING APPLE SLICES

Wash, peel, and core apples. Slice into twelfths or sixteenths.

Sirup pack. (Preferred if slices are to be used without cooking.) Make 40-percent sirup by dissolving 3 cups sugar in 4 cups water. Chill. When ready to use, add crystalline ascorbic acid or an ascorbic acid mixture to sirup. Slice apples into cold sirup.

Package apple slices. If using rigid containers, add enough sirup to cover. Put a piece of crumpled waxed paper on top to keep the apple slices down in the sirup. Leave 1/2 to 1 1/2-inch headspace--the smaller amount for wide topped pint containers; the larger amount for narrow topped quart containers. Seal. Freeze; store at 0° F. or below.

Sugar pack. (Preferred for slices to be used in pies.) Slice into cold water containing an ascorbic acid mixture (follow directions on package) or salt (2 tablespoons salt per gallon of water) to prevent darkening. Drain.

Sprinkle 1/2 cup sugar over each 4 cups of apples. Turn apples gently until sugar has dissolved. Package, leaving headspace as in sirup pack. Seal. Freeze; store at 0° F. or below.

Unsweetened pack. Follow directions for sugar pack but omit sugar.

### CANNING APPLE SLICES

Wash, peel, and core apples. Quarter or slice. Treat apples to prevent darkening with a powdered ascorbic acid mixture, according to package directions. An older but less effective method is to drop apple slices into water containing 2 tablespoons each of salt and vinegar per gallon of water. The apple slices treated in this way must be thoroughly drained before packing.

Boil apple slices in a thin sirup (2 cups sugar to 4 cups water) for 5 minutes. Pack hot fruit into jars. Cover with hot sirup leaving 1/2-inch headspace. Remove air bubbles by running knife or spatula between food and jar. Adjust jar lids.

Process in boiling water bath canner (212° F.).

Pint jars . . . . .	15 minutes
Quart jars . . . . .	20 minutes

### APPLESAUCE

Make applesauce in usual way. To freeze, pack into containers leaving headspace as in sirup pack for apple slices. Seal. Freeze; store at 0° F.

or below. To can, pack hot applesauce into jars leaving 1/4-inch headspace. Remove air bubbles by running knife or spatula between jar and food. Adjust jar lids.

Process in boiling water bath canner (212° F.).  
 Pint jars . . . . . 10 minutes  
 Quart jars . . . . . 10 minutes

#### APPLE JELLY

Apples have enough natural pectin and acid to make high-quality jellied products. Like other fruits, they have less pectin and acid when fully ripe so it is recommended that some underripe apples be used with fully ripe apples for juice for jelly making.

Sugar is needed to form a gel, to preserve the product, and for flavor. Beet and cane sugars can be used with equal success. Corn sirup or honey can replace part of the sugar. Light corn sirup could replace up to 3/4 cup of the sugar in the recipe which follows; honey could replace up to 1 1/2 cups of the sugar. Artificial sweeteners cannot be used to replace the sugar.

APPLE JELLY without added pectin 4 or 5 6-ounce glasses  
 4 cups apple juice (about 3 pounds apples)  
 2 tablespoons strained lemon juice, if desired  
 3 cups sugar

Wash apples thoroughly. Do not peel or core. Cut apples into sixths. Add 3 cups water for each 3 pounds of apples. Cover and bring to a boil. Reduce heat and simmer for 20 to 25 minutes, or until apples are soft. Pour the cooked apples into a damp jelly bag to extract juice.

Measure juice into a large kettle. Add lemon juice and sugar and stir well. Boil over high heat to 221° F., or 9° F. above the boiling point of water in area. Or use the spoon or sheet test to judge doneness.

Remove from heat; skim off foam. Pour hot jelly into hot, sterile jars leaving 1/4-inch headspace. Seal with a lid or hot paraffin.

#### DRYING APPLES

Wash, peel, and core apples. Slice (the thinner the slice, the shorter the drying time). Treat slices to prevent darkening by (1) dipping in salt water (4 to 6 tablespoons salt per gallon of water) or (2) blanching in steam or hot water, or (3) partially cooking in sirup, or (4) sulfuring.

Arrange treated apple slices on trays or in flat baking pans. Dry in the sun or in an oven set at 150° F. Be sure air can circulate around trays or pans. Stir or turn slices frequently to insure uniform drying. If using oven, leave door ajar to permit moisture to escape.

Fruit is dry when pliable and leathery.

Information adapted from USDA Home and Garden Bulletins by Jo Anne Barton, Extension Specialist, Foods and Nutrition.

Extension Division • Virginia Polytechnic Institute and State University

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