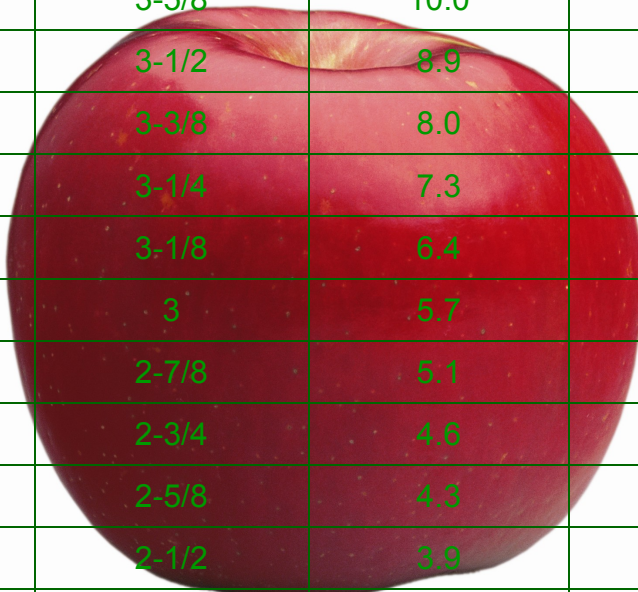


# Idaho Apples

## Apple Grades and Sizes

Size, by Packing Count	Approximate Diameter, Inches	Approximate Weight, Ounces	Approximate Weight, Grams
48	3-7/8	13.3	375g
56	3-3/4	11.4	324g
64	3-5/8	10.0	284g
72	3-1/2	8.9	253g
80	3-3/8	8.0	227g
88	3-1/4	7.3	207g
100	3-1/8	6.4	182g
113	3	5.7	162g
125	2-7/8	5.1	145g
138	2-3/4	4.6	131g
150	2-5/8	4.3	122g
163	2-1/2	3.9	111g
175	2-3/8	3.7	105g
198	2-1/4	3.2	91g
216	2-1/8	3.0	85g



The U.S. Department of Agriculture (USDA) first established apple grades in 1923. USDA currently has three grade standards for fresh-market apples: U.S. Extra Fancy, U.S. Fancy and U.S. No. 1. The Washington state apple industry has two additional grades, Washington Extra Fancy (a higher standard than U.S. Extra Fancy) and Washington Fancy (a higher standard than U.S. Fancy).

Idaho packs apples by the Washington grades.

Apples are packed into 40-pound cardboard shipping containers according to their grade, and their size. The largest apple size is 48, meaning that 48 apples of this size will fit into a 40-pound carton – the smallest apple size is 216, meaning that 216 apples of this size will fit in a carton.

Source: US Apple Association

Apple in picture is actual size 88 of an Idaho Fuji apple.

## Years of Experience:

Idaho has been committed to growing top quality apples for more than a century. Idaho farmers helped pioneer the apple industry in the northwestern United States. Many major Idaho apple orchards began producing fruit in the 1890s.

The apple-growing region of Idaho occupies a relatively small area in the southwestern side of the state near Boise. Nestled in a valley between the Snake and Payette Rivers, this region is perfectly suited for growing apples of the highest quality. Idaho's terrain, microclimate, volcanic soil, and abundant water supply provide the essential elements to guarantee a superb tasting apple.

## Apple Nutrition Facts:

- Apples are a rich source of phytonutrient (plant-based) antioxidants.
- Apples and apple juice are two of the best sources of the mineral boron, which may promote bone health.
- Apples contain natural fruit sugars, mostly in the form of fructose.
- Because of apples' high fiber content, the fruit's natural sugars are slowly released into the blood stream, helping maintain steady blood sugar levels.

## Idaho Apple Seasons:

	Aug	Sept	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun	Jul
<b>Gala</b>	🍏	🍏	🍏	🍏	🍏	🍏	🍏	🍏	🍏			
<b>Jonathans</b>	🍏	🍏	🍏	🍏	🍏							
<b>Jonagold</b>		🍏	🍏	🍏	🍏	🍏						
<b>Golden Delicious</b>		🍏	🍏	🍏	🍏	🍏	🍏	🍏	🍏	🍏	🍏	
<b>Red Delicious</b>		🍏	🍏	🍏	🍏	🍏	🍏	🍏	🍏	🍏	🍏	
<b>Romes</b>			🍏	🍏	🍏	🍏	🍏	🍏				
<b>Braeburn</b>				🍏	🍏	🍏	🍏	🍏				
<b>Granny Smith</b>			🍏	🍏	🍏	🍏	🍏	🍏				
<b>Fuji</b>				🍏	🍏	🍏	🍏	🍏				

### Idaho Apple Pie

*“Just” apple pie but two varieties of apples give it a special taste!*

1/4 cup sugar  
 1 tablespoon tapioca  
 1 teaspoon cinnamon  
 1/2 teaspoon nutmeg  
 4 cups sliced pared **Idaho Red Rome Apples**  
 4 cups sliced pared **Idaho Golden Delicious Apples**  
 2 tablespoons lemon juice  
 Pastry for 2-crust (9 inch) pie

In large mixing bowl, stir together sugar, tapioca, cinnamon, nutmeg until blended. Add apples and lemon juice. Toss together until well-coated. Turn into pastry-lined 9-inch pie plate, mounding apples high in the center, cover with top crust. Seal and flute edges; cut vents in crust. Bake in 400° oven for 40 to 50 minutes until crust is golden brown and apples are tender.

Makes 8 servings.

**Per serving:** Calories 346, Protein 3g, Carbohydrates 51g, Fat 16g, Cholesterol 0mg, Sodium 277mg, Dietary Fiber 3g

### Apple Equivalents:

- 1 Pound = 4 small apples or 3 medium apples or about 2 large apples
- 1 9" or 10" pie = 2 1/2 pounds (4-5 large or 6-7- medium or 8-9 small apples)
- 1 pound sliced = about 2-3/4 cups
- 1 pound dices = about 3 cups
- Peck = 10 1/2 pounds
- Bushel = 42 pounds



### Helpful Handling Tips:

- Select apples that are bruise-free, and handle them gently to prevent bruising.
- Select apples that are firm to the touch, for the best flavor and crunchiness.
- Store apples in the refrigerator to slow ripening and maintain flavor. Properly stored refrigerated apples can have a shelf life of 90 days or more.
- Store apples away from strong-smelling foods, to prevent them from absorbing unpleasant odors.
- Wash individually-sold apples in cool water before serving.
- Coat apple slices and dices in a mixture of one part lemon juice to three parts water –or in vitamin C-fortified 100% apple juice– to retard browning.

## Taste the Flavor

### What is a serving?

One medium apple  
 6 ounces of 100% apple juice  
 1/2-cup applesauce

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