



# Apple Varieties Grown in Connecticut

## AUGUST

### GingerGold

Sweet, tangy and juicy. Round with a smooth green-yellow skin that has a slight red blush. Discovered in 1969 in a Virginia orchard. Possible cross between a Golden Delicious and a Pippin. Ripens mid-August.



### Jersey Mac

Bright red with yellow highlights. Good eating apple with aromatic, medium-firm flesh. Introduced in 1971. Ripens mid-August.

### Paulared

Solid red, with tart flavor. Equally good for cooking and eating. A relatively new apple (1968). Ripens in late August.



## SEPTEMBER

### Macoun

With their wine-red color with gold accents, Macouns are highly regarded for their aroma and sweet-tart, juicy flavor. Excellent for snacks and desserts and good for all culinary uses. Developed in 1909 from Jersey Black and McIntosh parents. Ripens in mid-September.



### McIntosh

Especially juicy, slightly tart, and the most aromatic of all apples, with two-toned red and green skin. McIntosh is the quintessential New England apple, excellent for every use. Discovered as a chance seedling in 1870, the "Mac" accounts for nearly two-thirds of a total New England apple harvest of more than five million bushels. Ripens early September.



### Gala

Red-orange, with yellow stripes. A sweet crisp flavor and texture. Very good for salads and sauces. Introduced in 1934. Ripens in late September.



## SEPTEMBER

### Cortland

A larger apple good for baking, with a deep, purple-red color. Moderately juicy and fairly sweet. Their white flesh doesn't brown when sliced so Cortlands are a standout for fruit salads, dipping in toppings, or eating with a plate of sharp cheddar cheese. Developed in 1898, across between a McIntosh and Ben Davis. Ripens late September.



### Ida Red

Bright golden red. Their tangy taste mellows at maturity. Excellent for snacks and all culinary uses. Developed in 1942. Ripens in late September.

### Empire

Deep red skin brushed with gold and green. The Empire is mildly tart-sweet and has juicy quality dessert apple, good for all culinary uses. A newer variety introduced in 1966 from McIntosh and Delicious parents. Ripens late September.



### Pippin

Green with yellow highlights. Tangy sweet. Best for cooking and baking. Dates back to 1700. Ripens in September.

### HoneyCrisp

Deep red over yellow skin. Produced from a 1960 cross of Macoun and Honeygold. Exceptionally crisp and juicy texture. Its flesh is cream colored and coarse. A large apple excellent for desserts. Ripens late September.



### Spartan

Red and green skin. Juicy, tart-sweet taste is good for snacks and salads. Introduced in 1936. Ripens in late September.



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## OCTOBER

### Fuji

Red blush with green and yellow stripes. Crisp, firm, juicy flesh. Developed in Japan in 1939. Ripens in October.



### Jonagold

Bright red with gold. Crisp and juicy, Jonagolds are good fresh, in salads, and for cooking and baking. Introduced in 1968 from Golden Delicious and Jonathan parents. Ripens early October.

### Eastern Red Delicious

The unique shape of this red apple tapers to a five-knobbed base. Sweet, tender and juicy. Best for crunching out of hand and in fruit cups and salads. Developed in 1872, Red Delicious is America's most plentifully grown apple. Ripens early October.

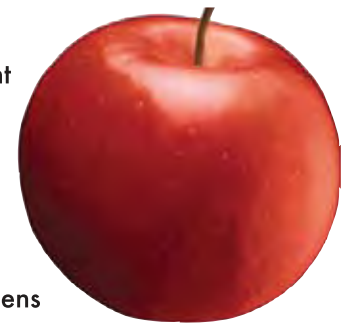


### Golden Delicious

Golden or light-green, with pink blush. Tender, mellow, sweet. Wonderful fresh and in salads. Developed in 1912. Ripens in October.

### Rome

A medium large, bright red, round apple with a slightly tart taste. Rome is considered one of the finest baking apples available. First propagated from seed in 1828. Ripens mid-October.



### Liberty

Green-yellow skin with a red semi-stripe. Flesh is cream-colored, sweet and juicy. Introduced in 1978, a cross between a Macoun and Purdue. An all-purpose apple. Ripens in early October.

### Crispin (Mutsu)

Greenish yellow to yellow. Good for cooking. Introduced in U.S. in 1968. Ripens mid-October.



### Baldwin

Pale greenish-yellow flushed with purplish-brown. Juicy, with trace of sweetness. Stores extremely well. Developed in Massachusetts in 1740. Ripens mid-October.

### Northern Spy

Large red and green skin, spicy tart flavor. A favorite for apple pies. Developed in 1800. Ripens late October.

# RECIPES

## Apple Pie (Serves 8)

1st Place winner in the CT Two-Crusted Pie Final!



### Crust:

3 C flour	1 1/2 tsp salt
3/4 tsp. baking powder	2 T brown sugar
1 C butter-flavored shortening	1 T vegetable oil
5-7 T cold milk	1 egg white for garnish

Sift dry ingredients together twice. Cut in shortening. Sprinkle in oil then milk one tablespoon at a time, mixing well after each addition with a pastry fork. Combine to form a ball of dough and divide it to make a top and a bottom crust.

### Filling:

1 C sugar	2 T butter
3/8 tsp cinnamon	4 T cornstarch
4 Golden Delicious*	1/4 tsp nutmeg
6 Cortland Apples*	
1/4 C orange juice (to prevent discoloration)	

Sift dry ingredients. Peel and chop apples into pieces. Splash them with orange juice and mix to prevent discoloration while chopping. Combine dry mixture with apples and turn into pastry lines pan. Pack in firmly. Dot with butter. Cover with top crust, seal edges and make holes for steam to escape. Garnish as desired (may use egg white to make shine). Bake at 375 degrees for 1 hour. Cover with foil to prevent discoloration after 20-30 minutes of baking as needed.

\* # varies with size of apples

## Crunchy Apple Salsa with Grilled Chicken (Serves 4)

2 C Gala apples, halved, cored and chopped  
 3/4 C (1 large) Anaheim chile pepper, seeded and chopped  
 1/2 C chopped onion  
 1/4 C lime juice  
 salt and pepper to taste

### Marinade:

1/4 C dry white wine  
 1/4 C apple juice or fresh cider  
 1/2 tsp grated lime peel  
 1/2 tsp salt  
 dash pepper



4 medium boneless, skinless chicken breasts

Combine salsa ingredients and mix well; allow flavors to blend about 1/2 hour. Serve over or alongside grilled chicken. Makes 3 C salsa. For grilled chicken combine marinade ingredients, pour over chicken breasts. Marinate for 20-30 minutes. Drain and grill over medium-hot coals, turning once, until chicken tests done.

## Basic Apple Sauce (Makes 3 cups)

8 medium sized apples	1/2 tsp cinnamon
1/2 C water	1 tsp salt
1 T reconstituted lemon juice	1/2 C (or more) brown sugar

Core and dice apples; place in sauce pan, add water and salt, simmer until soft. Press through sieve or food mill; add cinnamon, salt, lemon juice and add sugar to taste. Stir until dissolved. Serve hot or cold.

## Cinnamon Apple Muffins (Makes one dozen)

1 1/2 C flour	1/3 c butter, melted
3/4 c sugar	1 egg slightly beaten
1 1/2 tsp baking powder	1/2 c milk
1 tsp ground cinnamon	1 c finely chopped apple

Heat oven to 375 degrees. Combine dry ingredients in bowl. Add remaining ingredients to dry mixture. Stir just until flour is moistened. Spoon batter into greased muffin pan or use papers. Bake 18-23 minutes or until lightly browned. Let stand five minutes, remove from pan.

## Apple Crisp (Serves 6)

<b>Filling:</b>	<b>Topping:</b>
4 C sliced Cortland apples	1 C brown sugar
1/2 C sugar	1 C rolled oats
1/2 tsp cinnamon	1/2 C butter
	1 1/4 C flour
	1/2 tsp salt
	1/3 C shortening

Place apples mixed with sugar and cinnamon in the bottom of a greased 10" x 6" x 1/2" baking pan. Combine brown sugar and sifted flour, oats and salt in a bowl. Cut in butter and shortening as for pastry and sprinkle over the apples. Bake at 375 degrees for 40 minutes or until crisp and brown.

## USAGE CHART

means particularly good for that use; means excellent.

Variety	Flavor	Eating	Salad	Sauce	Pie	Baked
Baldwin	Sweet - Tart					
Cortland	Sweet - Tart					
Crispin	Sweet					
Empire	Sweet - Tart					
Fuji	Sweet					
Gala	Sweet					
Ginger Gold	Sweet - Tart					
Golden Delicious	Sweet					
Honeycrisp	Sweet - Tart					
IdaRed	Sweet - Tart					
Jersey Mac	Tangy					
Jonagold	Sweet - Tart					
Liberty	Tart					
Macoun	Sweet					
McIntosh	Sweet - Tart					
Northern Spy	Tart					
PaulaRed	Tart					
Pippin	Tangy Sweet					
Red Delicious	Sweet					
Rome	Tart					
Spartan	Sweet - Tart					

## Handle with care!

Handled and stored properly, unbruised apples have a storage life of 90 days or more.

Follow these suggestions for getting the most out of your apples:

- Choose apples that are bruise-free and firm to the touch. Bruised apples can decay quickly.
- Handle apples gently to prevent bruising and skin damage.
- Store apples in the refrigerator—they'll last up to ten times longer than if left at room temperature.
- Apples absorb odors easily, so keep them away from foods with strong odors.

