

TABLETALK

FEBRUARY, 2016 ❁ CHILD FOOD PROGRAM OF TEXAS ❁ P.O. BOX 5465 ❁ KATY, TX 77491 ❁ 281-395-7000

Fun facts about Apples!

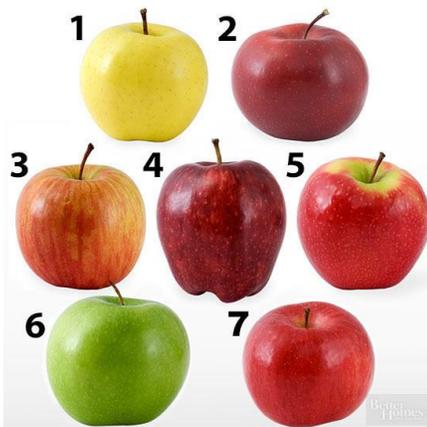
- One of George Washington's hobbies was pruning his apple trees.
- Americans eat more apples per capita than any other fruit (fresh and processed combined).
- It takes about 36 apples to create one gallon of apple cider.
- 25 percent of an apple's volume is air; that's why they float.
- A medium-sized apple has about 80 calories.
- It takes the energy from 50 leaves to produce one apple.
- Archeologists have found evidence that humans have been enjoying apples since 6500 BC.
- Apples ripen or soften ten times faster at room temperature than if they were refrigerated.
- Two-thirds of the fiber and lots of antioxidants in apples are found in the peel.
- Malusdomesticaphobia is the fear of apples.



Did you know?

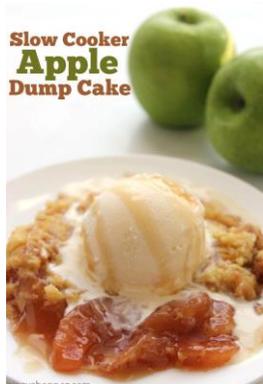
There is a science of apple growing, and it's called pomology.

Types of Apples:



1. **Golden Delicious:** Sweet, firm, and juicy. Good raw or baked.
2. **Rome:** Crisp, firm, and slightly tart. Holds its shape well when cooked.
3. **Fuji:** Crisp and juicy with a mild bite. Tasty when eaten fresh or good in homemade applesauce.
4. **Red Delicious:** Juicy, slightly tart, with a tough skin. Eat fresh (it breaks down and loses flavor when cooked).
5. **Pink Lady:** Sweet-tart flavor in a firm, crisp package. Great fresh or baked.
6. **Granny Smith:** Crisp and tart. An all-purpose apple especially popular for applesauce and juice.
7. **Empire:** Very crisp and juicy with a sweet-tart finish. Eat fresh or use in cider. Loses its texture in pie and applesauce.

Tips from Chef Bob



Slow Cooker Apple Dump Cake
COOK: 3 hours slow, 5 hours high

Main Ingredients

- 1 box Yellow or Butter Cake Mix
- 42 oz Apple Pie Filling (2 cans)
- 1/2 cup melted Butter
- 1/4 cup Caramel Topping

Directions

1. Combine melted butter and cake mix in a bowl. Mix until well distributed.
2. Grease slow cooker.
3. Spread contents of both cans of apples on bottom of slow cooker.
4. Drizzle caramel over apples.
5. Crumble batter mixture over top of apples.
6. Cover and cook on high for 3 hours or low for 5 hours.