

HOMEMAKERS' CHAT

Wednesday, February 7, 1940

(FOR BROADCAST USE ONLY)

Subject: "APPLE NEWS FROM THE STATES." Information from the Office of Experiment Stations, U.S.D.A.

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The apple has done a big part toward keeping farm families from touches of scurvy in the late winter and early spring in spite of the fact that it isn't quite so rich in vitamin C as some other fruits. The reason the apple has been so helpful is that Americans have the habit of eating several apples a day. The good old custom of munching apples around the fire of a winter evening is not only pleasant but very healthful. The family that finishes off a big basket of apples every evening is very likely to get through the winter feeling better than the family that eats very little fruit.

Now the scientists have further tips to help you get the most good from your apple eating. For one thing, they advise you to fill the basket with varieties of apples richest in vitamin C. Recent tests at many experiment stations in apple-producing states show that certain kinds of apples are many times richer than other varieties in this important vitamin.

The Virginia State Experiment Station, testing apples grown in Virginia, found the Black Twig variety 3 times as rich as Grimes Golden and Lowry. Here's the way Virginia apples stack up for vitamin C: Richest, Black Twig; then Winter Banana, followed by Ben Davis, Winesap, York Imperial, Northwestern Greening, Stayman Winesap, Arkansas Black, Rome Beauty and Virginia Beauty. The last 4 on the list are Delicious, Senator Oliver, Grimes Golden and Lowry.

The Wisconsin Station, also testing apples for vitamin C, found Northern Spy tops among Wisconsin apples. In fact, Wisconsin tests showed Northern Spies to be 3



to 8 times as rich as Jonathans, Winesaps and Delicious grown in Wisconsin. And the Washington State Station found the Spitzenburg or Esopus apple richest of the Washington-grown varieties.

But variety is not only consideration for anyone who wants to get the most vitamin C from apple-eating. The scientists advise discarding your knife and eating your apple raw, peel and all. Both the Virginia and Washington Stations found apple peel 3 times as rich in vitamin C as the flesh. Near the core the apple runs low in this vitamin. The Maine Station has also found that the "sunny" side of the apple contains more vitamin C than the shaded side.

How long you keep apples, and how cold your storage cellar is also affect the vitamin in the apple. Apples standing in a warm place lose vitamin C much faster than those in a cold place. The Virginia Station found that apples stored 6 months at a temperature of 38 degrees Fahrenheit lost nearly half the vitamin C they had when picked. So by spring you can be pretty sure the apples in your cellar will be only half as rich in vitamin C as in the fall, and you'll need to eat twice as many to get the same vitamin value from them.

Of course, you know, too, that cooking destroys some of the vitamin C in the apple and the longer the cooking, the more vitamin is lost.

All these discoveries at State experiment stations add up to this: To get the most vitamin C from apples, select varieties rich in this vitamin; eat the apples raw, both peel and flesh; store them during the winter at a temperature just above freezing; and as spring comes on, eat more apples. If you eat apples rich in vitamin C, 3 raw apples a day should be enough to supply your vitamin C needs. But if you have a varied diet, you will, of course, get vitamin C from other foods beside apples.

Beside these investigations of apples and vitamin C many State scientists have been working on cooking apples, trying to find the best ways of cooking and save flavor. The New York State Station now offers these tips to the housewife for



applesauce and baked apples with the most apple flavor. For apple sauce, use sugar sirup instead of sugar for sweetening and cook the sauce in a covered pan as rapidly as possible. To one and a half pounds of peeled and cored apples, add a hot sirup made from a third cup sugar and three-fourths cup water. Cook the apples fast until just tender.

Here's the New York State recipe for baking apples: Core but don't peel apples. To every pound of apples in a baking dish add 5 level teaspoons sugar. Cover the dish; cook in a moderate oven (400 degrees Fahrenheit) until nearly tender; then remove from the oven and let the heat of the baking-dish finish the cooking.

The Massachusetts Station suggests "baking" apples on top of the stove instead of in the oven. Technically speaking, this is glazing rather than baking, but the product looks and tastes like an excellent baked apple. Top-stove baking not only makes a better-looking and tasting apple, but also saves fuel and saves vitamin C, because it is such a quick cooking method. Here's how to glaze or bake an apple on top of the stove the Massachusetts way: Core but don't peel the apples. Set the apples in a kettle: add sugar sirup, cover and cook from 5 to 10 minutes on top of the stove. The Baldwin, York, and Northern Spy are good varieties to cook this way.

These are a few ways State scientists suggest to help you cook apples better.

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