

NEW YORK STATE
APPLE VARIETY GUIDE



NEW YORK STATE

APPLE VARIETIES



McINTOSH

Sweet with a tart tang, very juicy



EMPIRE

Unique sweet/tart taste, very juicy



CRISPIN

Delicately spicy and sweet, very juicy and crisp



GALA

Mildly sweet flavor, super crisp



CAMEO

Sweet/tart flavor, crunchy and firm texture



GOLDEN DELICIOUS

Mild, sweet flavor, very crisp



HONEYCRISP

Sweet tart, juicy, super crisp



RED DELICIOUS

Extra sweet flavor, crisp, yellow flesh



BRAEBURN

Sweet and tangy, super crisp



MACOUN

Extra sweet with a mild, tart taste, very juicy



CORTLAND

Sweet with a hint of tartness, snow-white flesh



PAULA RED

Tart and juicy, very crisp



GINGERGOLD

Sweet, yet mildly tart, fine textured and crisp



FUJI

Sweet with a hint of tartness, juicy



FORTUNE

Gently sweet, juicy tartness



RED ROME

Mildly tart flavor, very firm texture



ACEY MAC

Sweet/tart flavor, very juicy





JONAMAC

Sweet/tart flavor,
semi-firm texture



JONAGOLD

Honey sweet with a
hint of tartness, juicy



AUTUMN CRISP

Extra crisp and juicy,
high in vitamin C

NEW! NY APPLES

Ruby Frost™
COOL • CRISP • CRAVEABLE

Cool, crisp and
“craveable” with a
sweet/tart flavor blend



SnapDragon
MONSTER CRUNCH

Extra crispy, sweet, and
juicy, it's a new apple
with “monster” crunch



VISIT OUR TWO WEBSITES

Check out both sites for more information and recipes, easy navigation, many videos, new features and more.



NYAPPLECOUNTRY.COM

- Improved, easy-to-use orchard locator on home page – find where to pick your own NY apples
- Expanded recipe section
- Complete variety guide with best uses and flavor profiles
- Extensive nutrition and health information
- Great array of videos on apple history, growing, processing, recipes, and other topics



NYCIDER.COM

- Fresh cider, hard cider, farm market, gift box, and greenmarket locators to find these near you
- Many cider drinks and recipes you can make
- Information on NY's rapidly expanding hard cider industry and varieties
- History, nutritional information, videos, and much more

APPLE-TURKEY BURGERS WITH CRANBERRY-APPLE SALSA

CRANBERRY-APPLE SALSA:

2 Tbsp. sugar
2 Tbsp. cider vinegar
2 Tbsp. fresh lemon juice
3 sweet apples, peeled, cored, and chopped (about 2 cups)
1 cup whole cranberry sauce
1/2 cup scallions, finely chopped
1 jalapeño pepper, stemmed, seeded, and finely chopped
2 tablespoons chopped fresh cilantro (optional)

APPLE-TURKEY BURGERS:

1 lb. ground turkey
1 large apple, grated
1/2 tsp. salt
1/2 tsp. black pepper
1/4 tsp. ground cinnamon
Cooking Spray
4 2-ounce whole wheat hamburger buns, toasted



DIRECTIONS:

To prepare salsa, combine sugar, cider vinegar, and lemon juice in a medium saucepan and bring to a boil. Add half of the chopped apples, stirring well; cover and reduce heat. Cook gently until apples are soft and mash with a potato masher until almost smooth. Add cranberry sauce to apple mixture and let cool slightly. Add the remaining apples, scallions, jalapeños, and cilantro if desired. Serve with Apple-Turkey Burgers. Refrigerate any remaining salsa for up to 3 days.

To prepare burgers, combine turkey, apple, salt, pepper, and cinnamon in a medium bowl. Divide turkey mixture into 4 equal portions, shaping each into a patty. Lightly coat a large skillet or grill pan with cooking spray and place over medium-high heat. Cook turkey burgers 6 to 8 minutes per side or until done. Serve on toasted buns with Cranberry-Apple Salsa.

SERVINGS: 4 **PREP TIME:** 20 minutes **TOTAL TIME:** 35 minutes

Nutritional Information Per Serving: Calories: 400, Total Fat: 12g, Saturated Fat: 3g, Calories from Fat: 100, Protein: 24g, Carbohydrates: 51g, Cholesterol: 90mg, Dietary Fiber: 6g, Sodium: 610mg

APPLE PANCAKES WITH MAPLE APPLE SAUCE

PANCAKES:

1 1/2 cups all-purpose flour
3 tsp. baking powder
1/2 tsp. salt
3 Tbsp. granulated sugar
1/4 tsp. nutmeg
1/3 tsp. baking soda
1 egg
3 Tbsp. butter, melted
1/4 tsp. vanilla
1 cup milk
1 cup apples, grated

MAPLE-APPLE SAUCE:

2 large apples, peeled, cored, and diced
2 tsp. butter
1/4 cup maple syrup
1/8 cup dark corn syrup
Dash of salt



DIRECTIONS:

For pancakes, combine flour, baking powder, salt, sugar, and nutmeg in mixing bowl. In a separate bowl, mix baking soda, egg, butter, vanilla, and milk. Combine both mixtures stirring only until blended. Fold in grated apple. Bake on hot, lightly greased griddle. When batter is full of holes, turn to brown on other side. Turn pancakes only once while cooking.

For sauce, melt butter in a nonstick skillet over medium-high heat. Add apples and sauté until just brown, about 2 to 3 minutes. Add maple and corn syrup to apples and stir gently. Let cook another 2 to 3 minutes or until mixture thickens. Serve with Apple Pancakes.

SERVINGS: 4 **PANCAKE PREP & COOK TIME:** 15 minutes **SAUCE PREP & COOK TIME:** 10 minutes

Nutritional Information Per Serving: Calories: 500, Total Fat: 14g, Saturated Fat: 8g, Calories from Fat: 120, Protein: 9g, Carbohydrates: 89g, Cholesterol: 85mg, Dietary Fiber: 5g, Sodium: 1490mg



ICED APPLE TEA

INGREDIENTS:

3 cups apple juice or cider
 3 cups boiling water
 6 tea bags
 1/3 cup honey
 1 tsp. allspice
 Apple slices, cut in circles,
 to garnish (optional)

DIRECTIONS:

Add tea bags to boiling water. Let stand 15 minutes. Remove and add allspice, honey and apple juice. Simmer over low heat until honey is blended, about one minute. Chill. Serve over ice with lemon slices.

SERVINGS: 5

PREP TIME: 40 minutes

Nutritional Information Per Serving:
 Calories: 140, Total Fat: 0g, Saturated
 Fat: 0g, Calories from Fat: 0, Protein: 0g,
 Carbohydrates: 36g, Cholesterol: 0mg,
 Dietary Fiber: 0g, Sodium: 15mg



APPLE CHEDDAR PIZZA WITH TOASTED PECANS

INGREDIENTS:

| | |
|--|--------------------------------------|
| 1 (12 oz. can) refrigerated, ready-made pizza dough | 1/2 tsp. ground cinnamon |
| Vegetable oil cooking spray | 2 Tbsp. honey |
| 3 large apples, thinly sliced | 1/4 cup chopped toasted pecans |
| 1 cup apple juice | 1 cup grated white cheddar cheese |
| 1 Tbsp. cornstarch | |

DIRECTIONS:

Preheat oven to 425 degrees. Lightly coat 14-inch pizza pan with cooking spray. Press dough into pizza pan. Cook apples in apple juice until tender. Drain off juice and reserve. Place apple slices on dough. Dissolve cornstarch in apple juice, cinnamon, and honey. Cook over medium heat until clear. Spread sauce over apples. Sprinkle pecans on top. Top with cheese. Bake in a 425 degree oven for 15-20 minutes.

SERVINGS: 8 **PREP & COOK TIME:** 40 minutes

Nutritional Information Per Serving: Calories: 280, Total Fat: 9g,
 Saturated Fat: 3.5g, Calories from Fat: 80, Protein: 8g, Carbohydrates:
 44g, Cholesterol: 15mg, Dietary Fiber: 3g, Sodium: 440mg

APPLE-CRANBERRY STUFFED PORK CHOPS WITH SAUTÉED APPLES

INGREDIENTS:

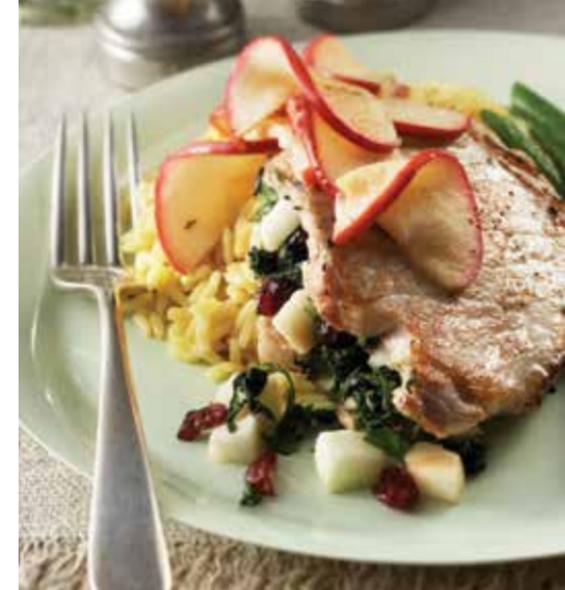
2 medium-sized tart apples
 1 cup finely chopped fresh spinach or 1 package
 (10 ounces) frozen chopped spinach, thawed and
 squeezed dry
 1/3 cup dried cranberries, chopped
 4 Tbsp. apple juice, divided
 4 boneless pork loin chops, 1-inch thick
 (about 5 ounces each)
 1/2 tsp. salt
 1/2 tsp. ground black pepper
 2 Tbsp. olive oil
 2 Tbsp. butter

DIRECTIONS:

Peel and chop one apple; leaving peel on second apple, thinly slice. To prepare stuffing: In small bowl, mix chopped apple, spinach, cranberries and 1 tablespoon of the apple juice; toss to combine. With very sharp knife, cut crosswise into each chop to form a pocket, taking care not to cut through. Stuff each chop with about 1/4 cup of the stuffing. Season chops with salt and pepper. In a very large skillet, heat olive oil over medium-high heat. Add pork chops; cook until well browned, about 7 minutes per side. Remove to platter; cover to keep warm. In skillet, heat butter over medium-high heat. Add sliced apples and remaining 3 tablespoons apple juice; cook until apples begin to soften, about 5 minutes. Serve with chops.

SERVINGS: 4

Nutritional Information Per Serving: Calories: 480, Total Fat: 22g,
 Saturated Fat: 8g, Calories from Fat: 200, Protein: 46g, Carbohydrates:
 26g, Cholesterol: 150mg, Dietary Fiber: 5g, Sodium: 440mg



*Find more great apple recipes at
nyapplecountry.com*

THE HARD AND SOFTER SIDES OF NEW YORK CIDER

HARD CIDER

DELICIOUS AND GROWING IN NY

Hard cider is an adult beverage with a delicious difference, especially when made in New York by one of our innovative and talented craft cider makers. More and more locations are popping up, making it easy to discover and try freshly made hard ciders in a variety of great flavors. Use the locator map at nycider.com to find it near you.

Thanks to state incentives, such as the Farm Cidery Law, cider mills are booming and expanding, building on a legacy that dates back to the American Revolution in New York.



APPLE CIDER

REFRESHING, HEALTHY DRINK FOR EVERYONE

It's all-natural with no fat, cholesterol or sodium, made with 100% juice and no sugar is added. New York apple cider is available fresh all year and you can find it close to you with our cider locator map at nycider.com. Be sure to try new varietal ciders, made from one apple variety such as Honeycrisp, and flavored cider blends featuring fruit juices like grape or raspberry mixed with cider.

Research demonstrates that many of the same health benefits of eating apples can also be achieved by drinking cider. These include the ability to help fight cancer and heart disease, strengthening bones, and providing a natural energy boost.



*Learn more about cider
and find great recipes
at nycider.com*



HEALTHY BENEFITS

- With no fat, sodium, or cholesterol, eating three apples a day may help control your weight
- Apples are an excellent source of fiber that can help keep your heart healthy
- This fiber, plus phytonutrients in apples, may reduce the risk of lung, colon, and prostate cancer
- Apples may help increase brain activity to improve learning while helping reduce the risk of Alzheimer's disease

STORAGE TIPS

Keep apples fresh and tasty longer by –

- Handling gently to prevent bruising
- Refrigerate in the crisper section
- Place apples in a ventilated bag, away from foods with strong odors

PICK YOUR OWN NY APPLES

Find a nearby orchard
on our home page at
nyapplecountry.com.



WWW.NYAPPLECOUNTRY.COM