

APPLES

Did you know?

There are more than **10 varieties** of Quebec apples. Each has a **unique taste and texture**. And you can enjoy them year-round, even in winter!

Choosing them

All varieties of apples are great to munch on. **Honeycrisp** apples are yummy in salads. **Cortland** apples are perfect for baking. **Paulared** apples are great in pies, and **McIntosh** apples make excellent apple sauce.

Good to know!

Apples are better than apple juice because juice doesn't contain any fibre and doesn't satisfy hunger.

Wash apples thoroughly before eating to remove the protective wax coating and any possible dirt.

Tip to reduce waste

Use apples that are less appealing to make **applesauce** or **crumble**. Keep the skins on to get the maximum nutrition and a lovely pink colour.



5 ways to use them

- Add apple slices to **grilled-cheese** or other kinds of **sandwiches**. It adds a nice crunch and is delicious!
- Add apple pieces to a **pasta and vegetable salad** for a slightly sweet flavour that kids love!
- Use as a **sauce served over meat** (pork fillets, chops, etc.).
- Add apple pieces to **muffins, quick breads, bread pudding** and even **crepes**.
- The ultimate comfort dessert: **upside-down apple cake!**

Storing them

Store apples in the **refrigerator drawer**. They will get soft much faster if you leave them on the counter.