

# BUFFALO FARM TO SCHOOL



# Apples & Pears



## Varieties Grown in New York State

- Cortland Apple
- Empire Apple
- Golden Delicious Apple
- Bosc Pear
- Bartlett Pear

## Storage Tips

- Store apples on the counter for about a week.
- Depending in the variety, store apples in the crisper drawer of the fridge for about a month.
- Freeze them! Pureed apples freeze well, but not whole, uncooked apples. Core, slice, and sprinkle with lemon juice before freezing.
- Store unripened pears in a paper bag at room temperature for about a week.
- Refrigerate ripe pears.
- Can or preserve pears for longer storage.

## How to Grow It

**FUN FACT!** About 2500 varieties of apples are grown in the US!

**FUN FACT!** Pears have been cultivated for almost 4000 years!

- **Difficulty:** Once established, apple and pear trees can live for many years!

**EXPERT TIP!** Apple and pear trees don't self-pollinate, so you must plant at least two varieties close to each other for the bees to do their pollinating work!

- **Harvest Time:** Pears and apples are harvested in the fall.

**EXPERT TIP!** Buffalo, NY is located in Zone 6, so 'long-season' apple trees are the best for this climate!

- **Sun & Soil:** Apple and pear trees need well-draining, fertile soil. Both trees also need a sunny space with well-circulating air.
- **Size and Planting:**
  - Plant pear trees in early spring or winter, 25 feet apart
  - Plant apple trees in spring, 18 feet apart.

**FUN FACT!** Don't have a lot of space for an apple orchard? Plant a dwarf apple tree for homegrown apples in a smaller space!

**FUN FACT!** Pear trees can be planted in a container!

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## Selection

- Choose apples that are firm, shiny, smooth-skinned, and unbruised. They should smell sweet and fresh!
- Choose firm pears that have a faint yellow blush, but are mostly green. “Check for Neck for Ripeness” daily by applying light pressure to the stem end of the pear and when it feels slightly soft, it’s ready to eat!
- If using apples for baking or making applesauce, less than perfect apples work great!
- Preparation & Cooking Tips

## Kid-Friendly Eating Tips

- Make homemade applesauce! Fill a large pot with an inch of water and bring it to a boil. Add apples and cook over low heat until soft, then mash and add cinnamon or NY state maple syrup!  
**FUN FACT!** When making applesauce, choose an apple that that doesn’t discolor easily, like Cortland or Empire!
- Dip it! Dip apple and pear slices in peanut butter!
- Pair it! Pair apples and pear slices with NY state cheese!
- Bake it! Bake apple slices in the oven with cinnamon sugar for 15-20 minutes at 350 degrees F. Bake cored apples and pears halves in the oven stuffed with a yummy filling like raisins, honey, or chopped nuts!
- Add to a salad! Fruit like apples and pears are great when sliced added to a green salad!
- Make a dessert! Not only are pears and apples yummy desserts when eaten raw, but they’re also great when baked in to a pie or cake!

## Preparation & Cooking Tips

**FUN FACT!** There is almost no limit to an apple or pear’s use! You can eat them raw, cooked, dried, or make them into a butter, jam, vinegar, or jelly!

- Certain apple varieties are best for certain uses:

**EAT IT RAW:** Cortland, Empire, Fuji, Gala, Golden Delicious, McIntosh, Red Delicious

**Bake in a pie:** Cortland, Empire, Golden Delicious

**Applesauce:** Cortland, Empire, Fuji, Honey-crisp, McIntosh

**Make a jelly:** Cortland, Empire, Crab Apple

- Pears are great roasted and canned!

**FUN FACT!** Bartlett pears are extra juicy, while Bosc pears are great for cooking!

## Nutrition and Health Benefits

- Apples and pears are both excellent sources of dietary fiber, especially when eaten with the skin!
- Pears and apples are both fat free, saturated fat free, sodium free, and cholesterol free.
- Pears are rich in vitamin C.
- Apples are a good source of potassium.

## RECIPE

### APPLE CRISP

- 8 cups of diced apples
- 2 cups of oats
- 3/4 cup brown sugar
- 2/3 soft butter or margarine
- 1 tsp cinnamon
- Spread 8 cups of diced apples with 1/4 cup sugar and 1 tsp of cinnamon in greased 13” X 9” pan.
- Combine 2 cups of oats, 3/4 cup brown sugar, 2/3 soft butter or margarine and 1 tsp cinnamon and spread over apples. Bake at 375 degrees for 30 minutes.



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