

Apples to Apples

Did you know that PWCS School Food and Nutrition Services serves local Virginia apples all year long? Apples are a good source of fiber and vitamin C, making them a popular healthy snack choice. Some people appreciate the tartness a Granny Smith apple has, while others look for the sweetness of a Honeycrisp. You will find different varieties of fresh apples as a choice several times a month in your school's cafeteria. We also serve a baked apple and sweet potato dish seasonally. When comparing apples, it may be surprising to some that not all apples make a good baked apple!

Although previously thought to make a good baked apple, Granny Smith are not a favorable choice. When faced with the high heat of an oven, the Granny Smith apple turns to mush with a wrinkled skin that becomes detached. It loses its bright green color and instead turns brown.

McIntosh are another fresh apple favorite. With its tart flavor and crisp texture, it is delicious to eat as a quick snack. However, in the oven, McIntosh apples also erupt and turn to a pile of mush.

As you may have guessed from the name, Honeycrisp apples taste sweet and have a nice crunch. Honeycrisp apples are delicious with a hint of tartness. They make a great raw snack and a baked dessert. In the oven, these apples hold their shape and retain their firmness. These are your go-to apples if you are looking for a warm treat.

Don't be too bothered if you just learned your favorite apple won't make a nice baked apple, because a bad baked apple makes smooth apple sauce!

