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Nutritious
Delicious

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APPLE CATALOG



AN APPLE A DAY...

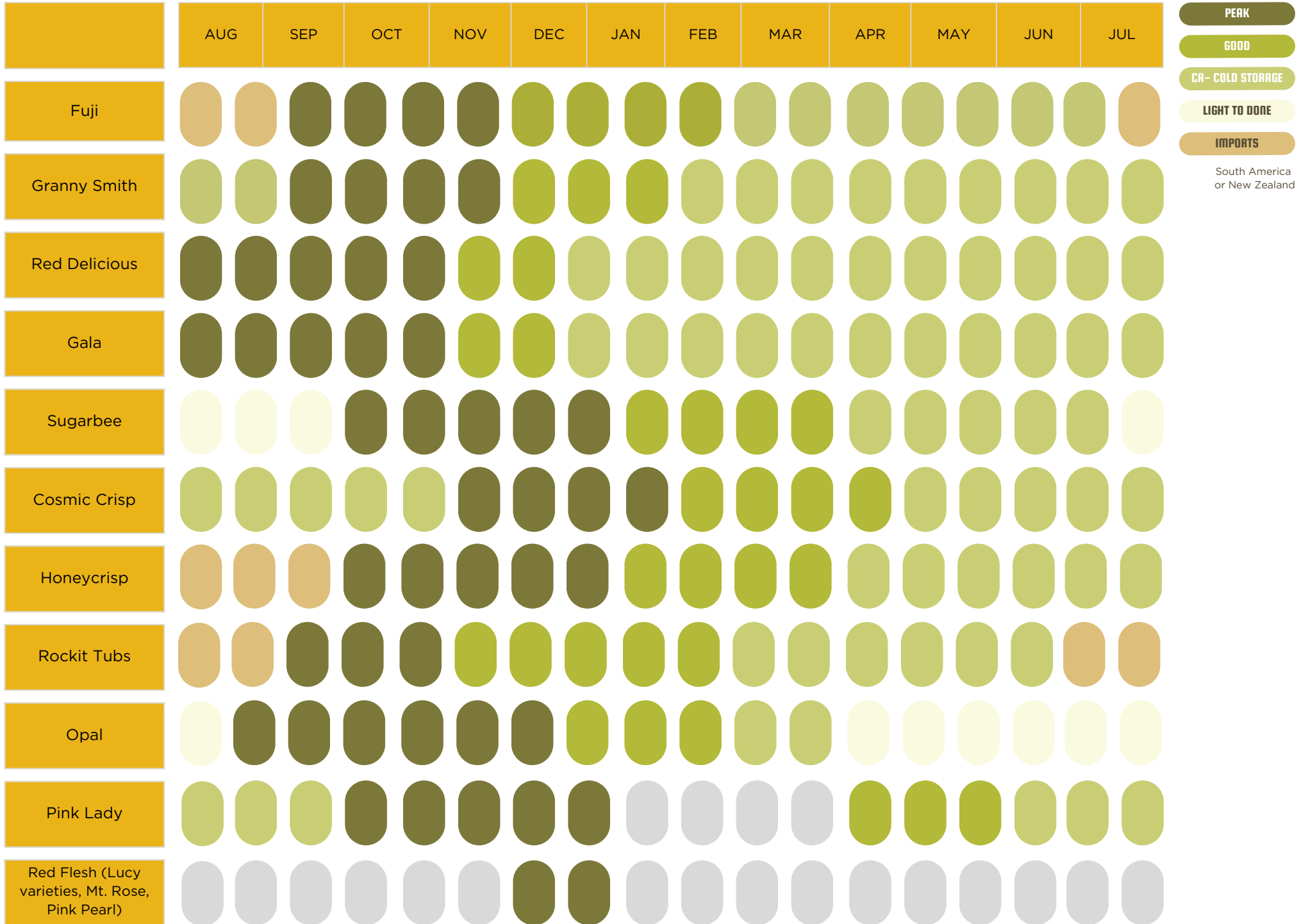


We wouldn't be from the Pacific Northwest if we didn't take our apples seriously. We mean really seriously. Which is why we created this apple specific catalog. Please use this material to help plan, educate, and bask in all things **APPLES!**

Apples from the PNW are prized. Why? The PNW has some of the best conditions for growing apples in the world, with Washington State being the nation's leading apple-grower for the past decade.



LOCAL APPLE AVAILABILITY



PEAK

GOOD

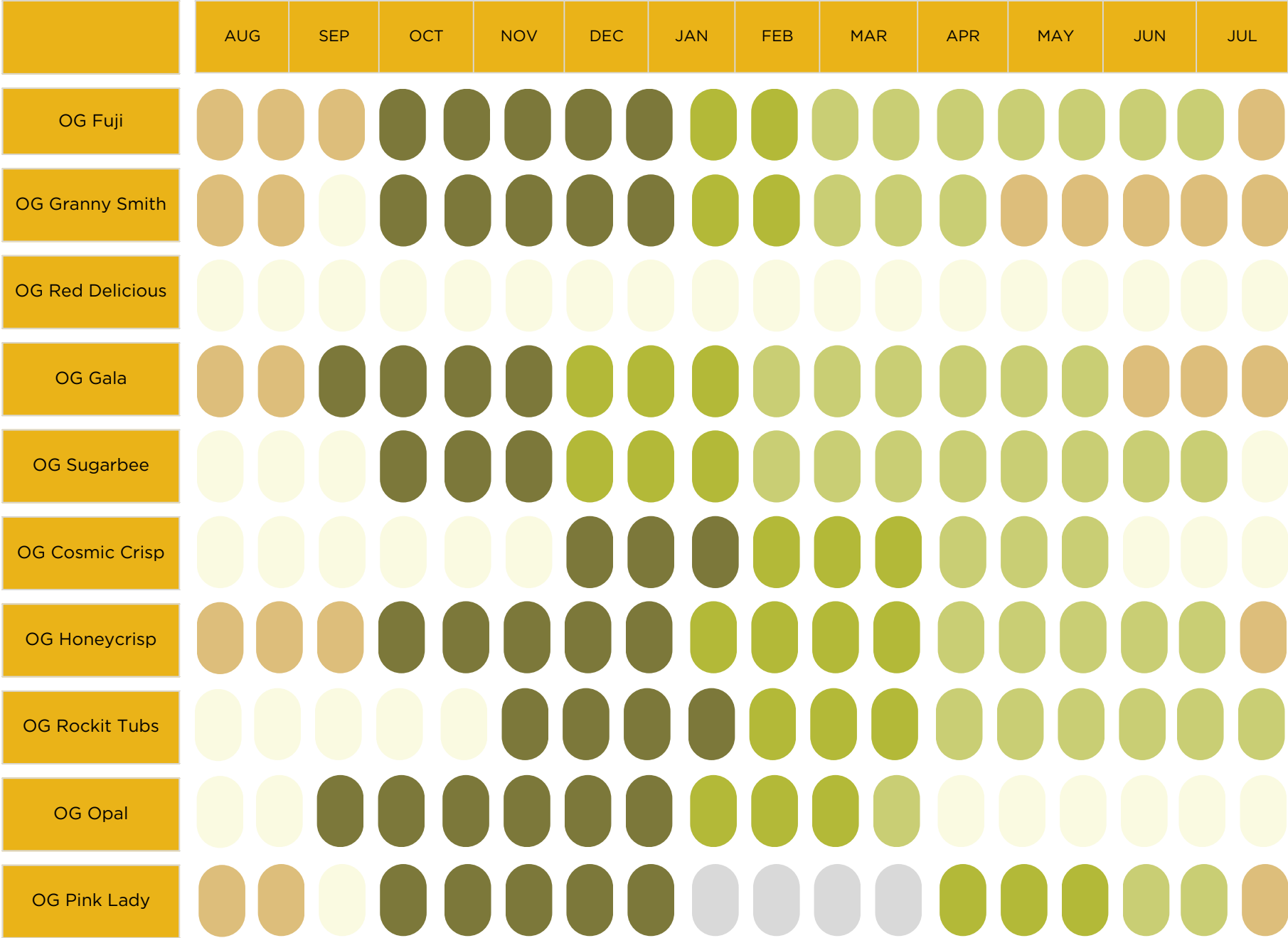
CA - COLD STORAGE

LIGHT TO DONE

IMPORTS

South America or New Zealand

LOCAL APPLE AVAILABILITY- ORGANICS



- PEAK**
- GOOD**
- CA - COLD STORAGE**
- LIGHT TO DONE**
- IMPORTS**

South America
or New Zealand

Fuji

Semi-thick skinned apple with dense, crisp, fine-grained flesh that has a mild, sweet-tart flavor with notes of honey and citrus.

Peak Local Availability



Granny Smith

Bright green apple with white flesh that has a tart-sweet flavor. They're best used in pies, tarts, cakes, and cobblers.

Peak Local Availability



Red Delicious

Thick bold red apple with fine-grained flesh that is creamy white, crisp and juicy and offers a mildly sweet taste with flavors of melon.

Peak Local Availability



Gala

Yellow to orange skinned apple with dense flesh that has a mildly sweet flavor and flora aroma.

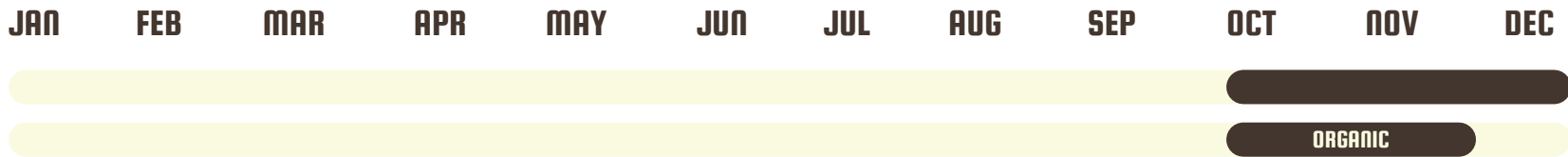
Peak Local Availability



Sugarbee

Cross pollinated from a Honeycrisp and a mystery apple variety. They are sweet, crisp, and have a unique honey-like flavor.

Peak Local Availability



Cosmic Crisp

A cross between the "Enterprise" and "Honeycrisp". This large, juicy apple has a firm and crisp texture and is the perfect balance of sweet and tart.

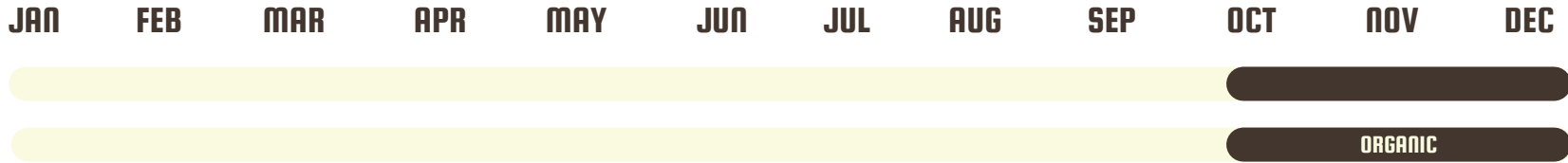
Peak Local Availability



Honeycrisp

The Honeycrisp Apple has a yellow background covered with a red to pink blush and speckled with small spots. The creamy white flesh is exceptionally crisp and aromatic. A balanced content of sugar and acid gives Honeycrisp apples a pleasant sweet-tart flavor that varies in strength depending upon the maturity of the apple.

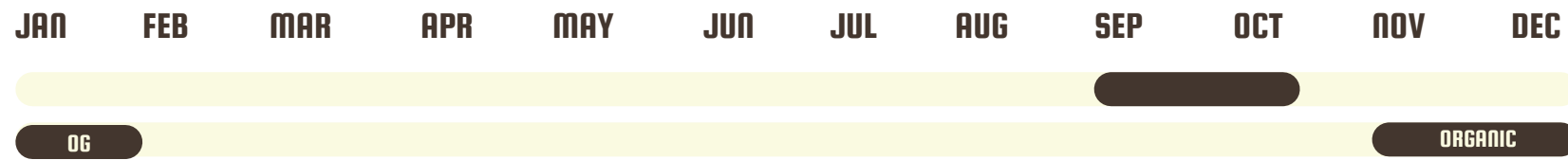
Peak Local Availability



Rockit Tubs

The world's first snack size apple in to-go containers. Because Rockit™ apples are packed straight into tubs, they're cleaner, safer, and stay fresher for longer.

Peak Local Availability



Opal

Opal® apples are distinctively crunchy with a sweet, tangy flavor. But one of the most incredible and natural features of this apple is that it does not brown after cutting.

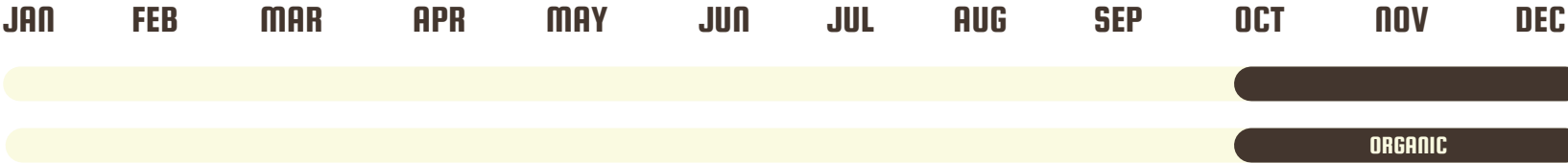
Peak Local Availability



Pink Lady

This apple has an overall reddish pink color with green peaking undertones. The Pink Lady is a hybrid between the Golden Delicious and Lady Williams apple. The Pink Lady apple offers a sweet as well as tart flavor and has a firm and juicy flesh.

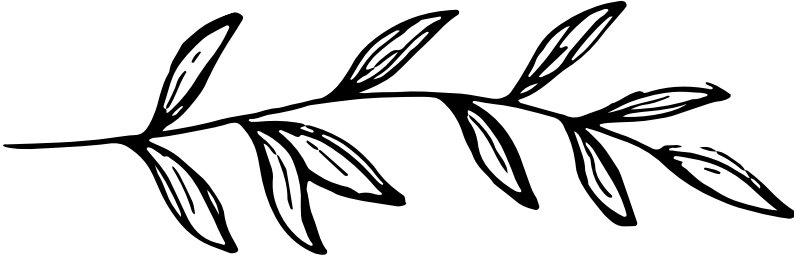
Peak Local Availability



Red Flesh Varieties

Lucy Rose, Lucy Glo, Mt. Rose, Pink Pearl- all naturally red on the inside.

Peak Local Availability



Storage



1. A little acid...

As soon as you cut into an apple, the flesh starts to slowly turn brown from the oxygen in the air. A little acid such as lemon juice or vinegar will help to slow that process, but there's no stopping it. Keep them whole until just before you eat or use them in a recipe for the best shelf life.



2. Refrigerate

Keep apples cool. The ideal storage temperature is 30 to 35 degrees F. with 90 to 95 percent relative humidity. If you don't have a lot of apples, the refrigerator is a good option. Place them in the crisper drawer in a plastic bag with holes in it or cover the apples with a damp paper towel.

Keeping apples cool helps to slow the emission of ethylene.



3. Separate

Keep apples separate from other produce so the ethylene gas doesn't ripen other fruits and vegetables.

OXIDIZING LEVELS

Fuji	Brown
Granny Smith	Brown
Red Delicious	Brown
Gala	Brown
Sugarbee	Light
Cosmic Crisp	Light
Honeycrisp	Brown
Rockit	Light
Red Flesh Varieties	Medium
Pink Lady	Medium
OG Honeycrisp	Brown
OG Fuji	Brown
OG Granny Smith	Brown
OG Red Delicious	Super Brown!
OG Gala	Super Brown!
OG Sugarbee	Light
OG Cosmic Crisp	Light
OG Rockit	Light

GROWING PRACTICES AND NEW VARIETY DEVELOPMENT



Apples are grown in a variety of ways

- Conventionally (with herbicides and pesticides)
- Organically (no-spray or FDA allowed sprays)
- Biodynamically (Organically grown with an even more nature-centric lean)

New apple generation

- A "sport"- a surprise apple in an orchard, a naturally occurring mutation
- Cross pollination- an all-natural process
- GMO- Currently the only GMO apples in production are the "Arctic" varieties named for the non-oxidizing flesh (stays white)

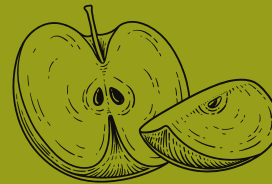
Controlled Atmosphere



Every late summer there is a cross over in inventory with a few apples that do great in CA. Because of CA, you can buy an apple in March and it still tastes fresh.



Not all apples ripen the same way. Some are more complicated to care for than others. For example, Honeycrisp are more sensitive to cold right after harvest.



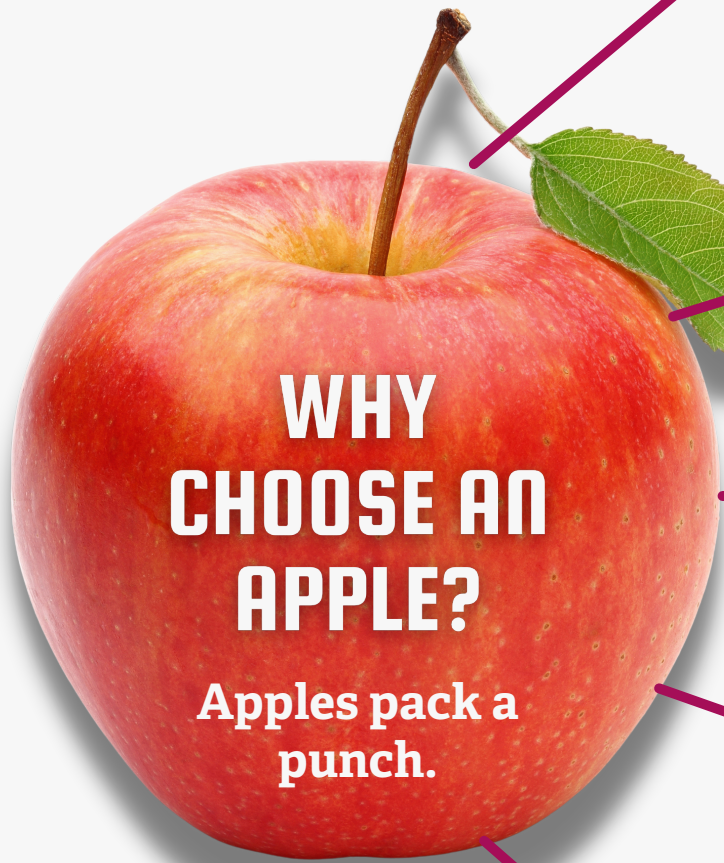
Cosmic Crisp apples have been bred to last 12 months in CA Storage!



How do we have apples in March?

In CA storage rooms, the perfect combination of temperature, oxygen, carbon dioxide, and humidity levels are adjusted for each variety to keep them preserved at peak freshness.





WHY CHOOSE AN APPLE?

Apples pack a punch.

1

APPLES ARE NUTRITIOUS

Good source of fiber and Vitamin C

PREVENTS CANCER

2

HIGH IN ANTIOXIDANTS

Quercetin, Catechin, Chlorogenic Acid

3

LOWER RISK OF DIABETES

4

PROMOTES GOOD GUT BACTERIA

5

LOWERS RISK OF CHOLESTEROL AND HEART DISEASE



Butter Poached Gala Apples

Ingredients:

- 4 Large Gala Apples: Peeled, Cored, and Medium Diced
- 2 Sticks of Salted Butter
- 1 Cup Water
- 2 Bay Leaves
- 2 Sprigs Thyme
- 1 Sprig Rosemary
- 2 TBL Salt



Preparation:

- 1) In a small pot, add Water, Butter, Bay Leaves, Thyme, Rosemary, and Salt. Heat on Medium High until Butter is completely melted.
- 2) Turn down hit to Medium Low and add Apples.
- 3) Continue to Cook until Apples are just barely fork tender. You are looking for an “al dente” finish, meaning the fruit should still have some “snap” to it.
- 4) Serve immediately.



Serves 4



20 Minutes



Power Greens Apple Crunch Salad

Ingredients:

- 1 clamshell organic power greens
- 1 Cosmic Crisp apple, thinly sliced
- ½ cup red seedless peppers, finely diced
- ¼ cup feta cheese crumbles
- ¼ cup walnuts, roasted and chopped

Blackberry Vinaigrette:

- ½ cup blackberries
- 3 tablespoon balsamic vinegar
- ¼ cup extra virgin olive oil
- 1 tablespoon salt
- 1 teaspoon black pepper

Preparation:

- 1) Place blackberries, balsamic vinegar, olive oil, salt, and pepper in a blender. Blend on medium until blackberries are completely blended. Set aside.
- 2) In a large bowl, combine greens, apple, peppers, and dressing. Toss until thoroughly coated.
- 3) Divide between two salad bowls. Top with feta and walnuts.



Serves 2



15 minutes



Red, White, & Blue Apple Crisp

Ingredients:

- 4 Honeycrisp apples peeled and course chopped
- 6 oz blueberries
- 6 oz raspberries
- 1/3 cup white sugar
- 1 tablespoon cold butter, small diced
- 1/4 cup melted butter
- 1/3 cup brown sugar
- 2/3 cup all-purpose flour, sifted
- 2/3 cup quick oats
- 1/2 teaspoon kosher salt
- 1/2 teaspoon baking soda

Preparation:

- 1) Heat oven to 325 F.
- 2) Butter an 11 by 7-inch baking dish.
- 3) In a large bowl, combine the apples, raspberries, blueberries, and granulated sugar. Toss to coat. Transfer the apple and berry mixture to the prepared baking dish. Dot with small pieces of cold butter.
- 4) In a medium bowl combine the melted butter with the brown sugar, flour, salt, baking soda, and rolled oats. Sprinkle the crumb mixture evenly over fruit.
- 5) Bake for 45 to 55 minutes, or until fruit is tender and topping is browned.
- 6) Serve warm with a scoop of vanilla ice cream or a scoop of whipped cream.



Serves 6



60-70 minutes



Quick Pickled Granny Smith Apple



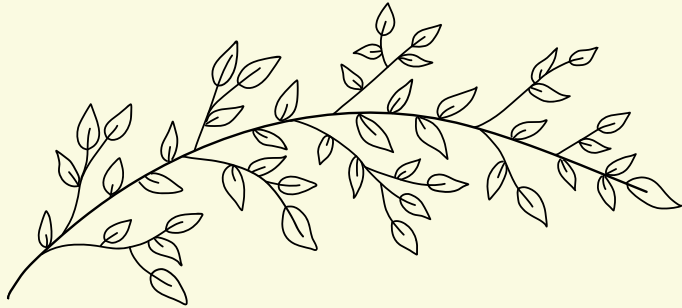
Serves 4



10 minutes

Ingredients:

- 2 Large Granny Apples: Peeled, Cored, and Thinly Sliced
- 1 Cup Champagne Vinegar
- 1 Cup Water
- 1 TBL Agave Syrup
- 1 TBL Kosher Salt
- 1 TBL Pickling Spice



Preparation:

- 1) Divide Sliced Apples between two 16oz Mason Jars.
- 2) Bring Vinegar, Water, Agave, and Seasoning to boil in a small sauce pan.
- 3) Divide Liquid between the two jars and pour over Apples being sure to completely cover.
- 4) Immediately seal jars and let rest for one hour before placing under refrigeration.





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