

Apples

With the power to keep the doctor away, apples are a staple in daily diets. Its sweet taste also comes with plenty of health benefits

Apples contains pectin, a type of fibre that combats the unhealthiest form of cholesterol. They are also noted for their content of protective polyphenals which help control blood glucose.

Store:

- Should always be in a cool, dry and shaded place.
- Both the fridge and countertop are valid options
- In the fridge, they can last up to 6 to 8 weeks in the salad drawer
- Outside of the fridge, they last around 1 to 2 weeks.
- Best to store away from other fruit to impede them from ripening too fast, as apples release ethylene.
- Don't wash until about to consume or use

Freeze:

- Frozen apples are best suited when making smoothies or baking, as when it thaws, the texture is softer
- Bramley Apples are not in season for long, making freezing a good option
- For whole apples, first wash and dry before laying them out on greaseproof parchment, making sure that there is space in-between.
- Then, freeze until solid or up to 2 hours until lastly transferring to a freezer bag.
- Lasts up to 6 months.
- To freeze slices, repeat the flash freezing but this time on the highest freezer setting as to retain as many nutrients as possible
- Slices will take a few hours to be frozen through

Bruised Apples

If your apples are bruised, the only action needed is to cut off the part affected. Provided that the rest of the apple is ok, there is no concern for consumption.



Video Links