

HARVESTING APPLES

Apples often lack the quality which should characterize our standard varieties because they are picked at the wrong time. The ground color is a good indicator, except on solid red varieties. When the ground color shows considerably yellowing, most varieties are ready. At this stage, fall and winter varieties are hard. The flesh color of most varieties assumes a white or yellow cast in contrast with the greenish cast of the green stage. The vascular bundles or fibers lose part of their greenish cast as maturity is approached. The tissue of immature or green apples, with the exception of sweet varieties, when chewed slightly, remains cottony instead of becoming ground up readily and has a slightly "puckery" or astringent effect upon the tongue. Fruit picked too green remains spongy instead of becoming crisp and mellow. It remains astringent instead of becoming sweet and spicy.

Storing Apples

If you should notice any bruised or injured areas caused by handling of the apples, cut these portions away and use the remaining portion as soon as possible. Only firm, good quality apples should be stored for later use.

As mature apples ripen they will show varying degrees of firmness from "hard" when freshly harvested to "soft", when they have become overripe. Loss of quality will occur in overripe apples.

If apples are hard or firm, store them in a cool place, 60° to 70° F., to ripen. Apples which yield slightly to pressure and which have lost their starchy flavor are ripe. Refrigerate ripe apples in the humidifier compartment or in a moisture-resistant container, such as polyethylene bag. Cut a few scattered small holes in the bag to permit ventilation. For optimum quality store in the refrigerator.

Preparing Apples for Use

Wash apples thoroughly whether they are to be used raw or cooked. Trim away bruised or injured portions of the fruit. When possible, use apples unpared to help maintain their nutrient content. Apples with brightly colored skins will enhance the appearance of salads and make an attractive pink applesauce when cooked unpared.

Raw apples may darken when their cut surface is exposed to air. Apples can be protected from darkening by mixing with lemon, orange, grapefruit, or pineapple juice before adding other ingredients.

Pears: a Guide to Selection, Harvest and Use

The mellow flavor and melt-in-the-mouth character of pears make them a fine accompaniment for many fine foods. The variety of fresh pears available depends on the season. Bartlett, the most popular variety, is a summer pear. Anjou, Bosc, and Comice are the most popular varieties of fall and winter pears.

Fresh pears can't be surpassed for pleasurable eating, out-of-hand, from breakfast time to late-evening snacks. Those who pack lunches, as well as those who enjoy them, know what good "carriers" they are. Pears also can be "cooked into" many wonderful recipes. Take warm, spicy Pear Coffee Cake, Burgundy Poached Pears to serve with roast beef or Broiled Cinnamon Pears for breakfast fruit.

Harvesting Pears

Pick pears when they are still hard. If allowed to become too ripe on the tree most varieties become gritty. If picked too green they lack flavor as they ripen. As the fruit approaches the picking stage, the dark green color changes to a light green, giving the

fruit a "finished" appearance. The skin of some varieties develops a bloom or wax and the lenticels on the skin becomes somewhat filled with a corky substance. The seeds become brown. The flesh becomes somewhat "springy"; that is, upon placing a fruit in the palm of the hand and exerting pressure by closing the hand there is a reaction of "springiness" in contrast with what there would be a stone instead of a pear were in the closed hand.

Ripeness

Pears are ready for eating when the flesh yields readily to slight pressure, no matter what the color variety. Pears that are not fully mature may be used with good success for cooking or baking. To reach the juicy, flavorful stage of full maturity that makes them best for out-of-hand eating, simply keep them at room temperature. This may take from a few days to a week, just long enough to be part of an attractive fruit-bowl centerpiece. If you wish to keep them more than five days after they are ready to eat, refrigeration is required.

Making Cider

Cider making is an art as old as cultivation of apple trees. The starting point in cider making is the consideration of two factors. Firm ripe apples - those that are ripe enough to eat out-of-hand made the best cider and give the highest yield. Immature or overripe apples lower the quality.

Every variety offers a medley of characteristics, one or more of which may come through predominantly in the juice. The best cider is usually made from a blend of different varieties. A single variety of apple cider seldom makes a satisfactory cider. A few varieties have been used alone successfully, but only at the peak of maturity. Sometimes the desired fullness and balance can be obtained from two varieties but three is usually better.

As a cider maker, it will be up to your judgement and discrimination, which apples you will include in your blend., The following chart groups varieties in four groups according to their suitability as cider material.

SWEET SUBACID GROUP	MILDLY ACID GROUP (slightly tart)	AROMATIC GROUP (moderately acid)	ASTRINGENT GROUP (crabapples)
Use a high percentage of a cider stock blend		(Outstanding aroma, carried over into cider)	(Astringent Group important, but use only a small quantity in cider blend)
Delicious	Stayman	Delicious	Florence
Baldwin	Winesap	Golden Delicious	Hibernal
Cortland	Jonathan	Mc Intosh	Red Siberian
Rome Beauty	Newton-Pippin		Transcendent
			Martha

If you make fresh apple cider which is unpasteurized:

1. Wash the apples thoroughly with water containing soap or detergent. Rinse well.
2. Squeeze the apples to make juice.
3. Pasteurize the apple juice by heating to at least 160° F to kill any harmful bacteria (such as E. coli 0157:H7) which may have been on the apples.
4. Keep the cider refrigerated.

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VARIETY	HARVEST SEASON	APPROXIMATE NUMBER OF DAYS FROM BLOOM TO HARVEST	COLOR	RATING BASED ON					
				FLAVOR EATING BALANCED	SALAD	SAUCE	BAKING	FROZEN	STORAGE
Braeburn	Very late	160	Yellow-green with orange-red blush. Mild, crisp			Poor (CFT)	Fair (T)	Poor (T)	Poor
Criterion	Very late	140	Yellow with pink blush. Firm, crisp, juicy	Excellent	Excellent	Very good	Good	NA	Fair
Fuji	Very late	170	Greenish yellow with dull, light red stripes Crisp, sweet Juicy	Excellent	Excellent	Good	Good	Good	Excellent

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				FLAVOR EATING BALANCED	SALAD	SAUCE	BAKING	FROZEN	STORAGE
Gala	Mid-late	160	Creamy yellow with orange-red stripes Sweet, crisp, firm, juicy	Excellent	Good	Very good	Good	NA	Good
Golden Delicious	Late	140-145	Yellow Firm Crisp Tender	Excellent Sweet	Excellent	Good	Good	Good	Good
Granny Smith	Late	180	Glossy, light green Crisp, tart	Good	Good	Good	Good	Good	Good
Gravenstein	Early	90-95	Red striped. Firm, crisp, juicy	Good Tart	Good	Good	Fair	NA	Poor

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				FLAVOR EATING BALANCED	SALAD	SAUCE	BAKING	FROZEN	STORAGE
Jonathon	Early - Mid	140-145	Bright red Tender, tart crisp, juicy	Good Mildly tart	Very Good	Very Good	Fair	Fair	Fair
McIntosh	Mid-Late	140-145	Medium red Tender, juicy	Good Mildly tart	Good (C)	Fair (CT)	Fair (T)	Poor (CT)	Fair
Newton	Late	160-165	Pale green Hard, crisp Juicy	Fairy Mildly tart	Fair	Excellent	Excellent	NA	Excellent
Red Delicious	Late	140-145	Medium red Crisp, sweet	Good Sweet	Fair (FT)	Poor (CFT)	Poor (FT)	Poor (CFT)	Good
Rome Beauty	Late	160-165	Medium red Tart, firm, crisp	Poor Mild	Fair (F)	Good (C)	Excellent	Good	Excellent

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				FLAVOR EATING BALANCED	SALAD	SAUCE	BAKING	FROZEN	STORAGE
Winesap	Late	160-170	Dark red Hard, crisp Juicy	Excellent Medium tart	Good	Good	Good	NA	Excellent

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