



## **RIPE AND TASTY:** JULY - NOVEMBER



**Cooperative Extension Service** 



This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. This institution is an equal opportunity provider. **LOOK FOR:** Firm, well-colored apples with no shriveling, bruises, blemishes, or other defects.

**AT HOME:** Store under-ripe apples in a cool place. Refrigerate ripe apples in the fruit drawer or in a plastic bag.

**TO USE:** Wash apples under running water. Slice or dice according to use. Cut out the core. The skin may be eaten or removed.

**READY TO EAT:** Eat fresh apples out of hand or add to salads or smoothies. Serve baked apples as a side dish, or cook into pies or other baked goods.





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