

HARVESTING

There are 3 basic rules to follow, when picking apples: never shake an apple tree, never pull on the fruit, and pick one apple at a time. An apple should be held lightly between the palm of the hand, and the thumb and forefinger. It should be removed by gently turning it with a lifting motion until it is upside-down on the spur. We call this “turning the ‘eye’ to the sky” during our school tours and it makes it easy and fun for your family to remember!

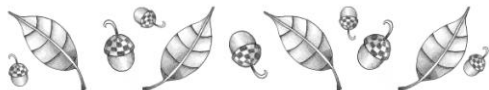
STORING

Store your apples away from other fruits and vegetables to prevent odors transferring from one to another. Cool apples as soon as possible and do not wash them before storing. Store in baskets, cardboard, or wooden containers. Check periodically and remove any overripe apples or any beginning to spoil.

APPLE VARIETY GUIDE FOR BAKING

F=Fair G=Good E=Excellent

Gingergold	G	Mutsu	E
McIntosh	F	Spencer	G
Honeycrisp	E	Red Delicious	-
Cortland	E	Golden Delicious	G
Gala	E	Idared	E
Empire	F	Fortune	E+
Jonagold	E	Northern Spy	E+



Nutritional Information:

Apples are a “detergent” food because they work to clean the digestive system, and act as nature’s toothbrush.

**A 3½ ounce apple contains: Water: 84%
Calories: 58 Protein: 0.2 grams Fat: 0.6 grams**

Frootogo

is a family owned heritage farm, operated by owners Bert & Willy Hekman. We pride ourselves on growing high quality crops while providing personable, friendly service. We also have Fall decorations and a fantastic new store and bakery where we make our famous Apple dumplings and Apple Crisp.

We are located at 573 Parkside Drive, Waterdown. Find us at the end of Evans Road linking Parkside to Hwy#5.



For the more information, crop reports, and map/directions please refer to our website at

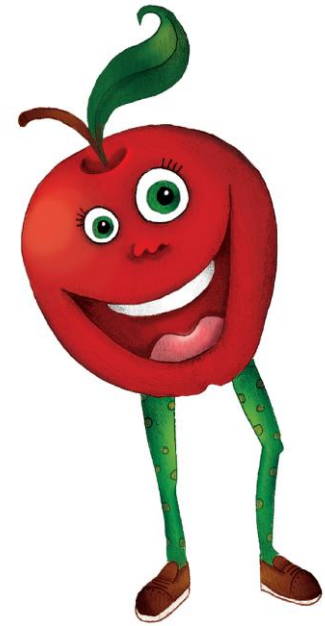
www.frootogo.ca

Or call our crop hotline

905-689-1652

Frootogo
ORCHARDS

HARVEST TIME



Taste all the goodness

**The sweet crunch of
Tree Ripened Fruit**

**Open daily
10 am – 6 pm
In season**

OLD FASHIONED APPLESAUCE

8 medium cooking apples, peeled and cut up (Gala, Jonagold, Golden Delicious, or Spy)

¾ cup water

3 tbsp sugar (optional)

½ tsp cinnamon (optional)

Simmer apples and water until tender (about 45 minutes). Add sugar and cinnamon. Serve hot or cold. If you prefer the consistency of store bought applesauce then put cooked apples through a sieve, food mill, or food processor after cooking. This sauce freezes well.

Timesaver tip: To microwave, decrease water to ½ cup and using microwave casserole, cover and cook on high 10-12 minutes, stirring every 3 minutes until apples are tender.

DUTCH APPLE CAKE

Batter:

½ cup butter

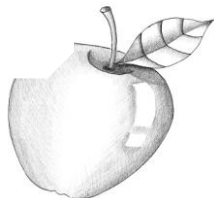
½ cup granulated sugar

3 large eggs

Grated rind of ½ lemon

1 ½ cups flour

1 ½ tsp baking powder



Filling:

5 medium apples, pared, cored and sliced

1/3 cup brown sugar

½ tsp cinnamon

Preheat oven to 325°F. Grease 8" square cake pan. Cream butter and sugar; add eggs, one at a time, and beat well after each addition. Add lemon rind. Sift flour and baking powder. Fold gradually into creamed mixture. This makes a thick batter. Spread ½ of batter in pan. Combining filling ingredients and spread ½ over batter. Cover with remaining batter and top with remaining apple filling. Bake 1 hour.

Apple Tip: For those sensitive to apples choose Gala which is low in acid.

BASIC APPLE PIE

Pastry for a 9" double-crust pie

6 cups apples, peeled, cored, sliced

1 cup granulated sugar

¼ tsp nutmeg

1 tbsp butter

1 tsp lemon juice

Preheat oven to 450°F. Line pie plate with pastry. Put apples in a large bowl, sprinkle with sugar and nutmeg. Spread in pie plate. Sprinkle with lemon juice and dot with butter. Cover with remaining crust. Bake for 10 minutes, reduce heat to 375°F and continue baking until apples are tender and pastry is nicely browned.

APPLE CRISP

Just simply old-fashioned apple crisp

5-6 apples, peeled, cored and sliced

1 cup large rolled oats

1 tsp cinnamon

¾ cup brown sugar

½ cup flour

½ cup butter or margarine

Preheat oven to 375°F. Spread apples in 8" baking dish. Mix flour, oats, cinnamon and butter until crumbly and sprinkle over apples. Bake 40-45 minutes. Serve warm.

QUICK BAKED APPLES

Simple. Healthy. Yummy.

Core some cooking apples. Drizzle with lots of honey and sprinkle with orange peel and cinnamon. Microwave on high 2-2.5 minutes per apple. Cool for 2 minutes. Serve plain or with ice cream.



PUMPKIN MUFFINS

Yields 2 dozen. Kids love these!

4 eggs

2 cups white sugar

1 ½ cup oil

1 ¾ cup cooked pumpkin puree

3 cup flour

1 tbsp cinnamon

2 tsp each baking powder and baking soda

1 tsp salt

2 cups raisins



Beat eggs slightly. Add sugar, oil, pumpkin and beat thoroughly. Add dry ingredients and mix until smooth. Stir in raisins. Fill greased muffin cups 2/3 full and sprinkle tops with brown sugar. Bake 375°F for 15-20 minutes. Yields 24; recipe can be halved.

TRADITIONAL PUMPKIN PIE

2 eggs

¾ cup brown sugar

5 oz. evaporated milk

1 ½ tsp cinnamon

½ tsp each salt and ginger

¼ tsp nutmeg

2 tbsp boiling water

1 ½ cup scorched pumpkin

¼ cup half & half

1 prepared, unbaked 9" pastry shell

Preheat oven to 425°F. Beat eggs and add sugar, milk, spices, and boiling water. Combine with the pumpkin and half and half. Pour into pastry shell. Bake for 15 minutes then lower the heat to 300°F and bake for 25 minutes or until the filling completely coagulates except for a small circle at the centre.

Optional Pecan Crust: 1 cup flour, ¼ cup each white and brown sugar, ½ tsp cinnamon, ½ cup chopped pecans or hazelnuts, ½ cup butter. Stir together all ingredients except butter. Cube butter and work in with your hands until crumbly.