



A monthly publication for members of the Olympia Food Co-op and its surrounding communities

September 2018

September is usually the start of the apple season, but with this summer's hot weather, we are starting to see Washington apples being offered already (I'm writing this in mid-August). Below are descriptions of our most popular apple varieties and information about when and where these varieties were developed. All of the descriptions come from the US Apple Association. They have pairing videos as well as descriptions of less popular apples that you can check out at [usapple.org](http://usapple.org). With the exception of Cameo, during the height of the season all of the apples below are supplied to us directly by Brownfield Orchard. They are located in Chelan, Washington, and are a third generation family farm. In addition to these popular and more well-known apple varieties, you may also see less familiar heirloom varieties at the Co-op as the season progresses. The majority of the heirloom varieties come to us from The Okanogan Producers Marketing Association (OPMA) which is a group of five farms near Okanogan Washington. We also get some wonderful varieties from Burnt Ridge nursery who have a beautiful farm/fruit orchard on this side of the mountains in Onalaska Washington. If you are curious to taste apples that are new to you or that you just haven't had in awhile, just let us know. We're always happy to share samples, compare flavors, and build a love for all the fabulous apple varieties we get to enjoy here in Washington State.

*-Erin, OFC Produce Manager*

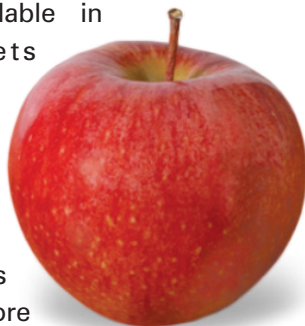
### Braeburn

The Braeburn originated in New Zealand in the early 1950s. It was a chance seedling, with Lady Hamilton and Granny Smith as possible parents. Now grown in the United States, Braeburn is a multipurpose apple good for all types of apple uses. Its color varies from orange to red over a yellow background. A crisp, juicy apple, the Braeburn has a rich, spicy-sweet flavor. U.S. Braeburns are available beginning in October through July.



### Cameo

Discovered as a chance seedling in a Washington State Red Delicious orchard about 30 years ago, the Cameo is now available in supermarkets nationwide. With bright red stripes on an orange background, it actually has a brighter, more lemony flavor than its Red Delicious cousin. Firm, sweet and a favorite apple for slicing up and serving as a snack. Available late fall through early spring.



### Fuji

Originally developed in Japan in the late 1930s and named after the famous Mt. Fuji, U.S.-grown Fujis began appearing in markets in the 1980s. Fuji is a cross between Ralls Janet and Red Delicious. This variety's popularity is skyrocketing, thanks to its sweet flavor and firmness. Fuji apples are bi-colored, typically striped with yellow and red. They are available year round, beginning in September.



### Gala

This variety, a cross between Kidd's Orange Red and Golden Delicious, originated in New Zealand. The Royal Gala strain was named in honor of Queen Elizabeth II, who deemed it her favorite during a visit to New Zealand. It was brought to the United States in the early 1970s and is now one of the country's most popular apples. Crisp, juicy, and very sweet, Gala is ideal for snacking. Galas can vary in color, from cream to red- and yellow-striped. U.S.-grown Galas are harvested beginning in mid-July and are typically available year round.



*continued on back*

*continued from front*

## Granny Smith

This Australian native was discovered in 1868 as a chance seedling by “Granny” Anne Smith of Ryde, New South Wales. One parent might have been a French crabapple. Grannies are known for their distinctive green flesh — which sometimes bears a red blush — and their very tart flavor.

An all-purpose apple, Grannies work equally well as a snack or in pies and sauce. U.S. Grannies are harvested beginning in August and are available year round.



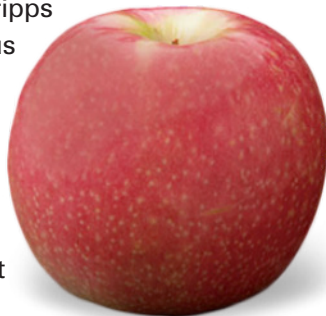
## Honeycrisp

This honey of an apple has a honeyed, mild flavor and a crispness deemed explosive. Juicy and sweet, this popular newcomer is a cross between a Macoun and a Honeygold. Honeycrisp’s skin is a distinctive mottled red over a yellow background, with coarse flesh. This apple is good for snacking, salads and sauce-making and stores well. Honeycrisp were developed by the University of Minnesota. Supplies are limited but growing with harvest beginning in September.



## Pink Lady/Cripps Pink

Developed in Western Australia, Cripps Pink is a cross of Golden Delicious and Lady Williams. Brisk, autumn nights help bring out its bright, namesake coloring. Available November to August, Cripps Pink are often found under the retail name Pink Lady. They are tart and very firm. ■



## Gluten Free Apple Crisp

*from cookieandkate.com*

This wholesome, honey-sweetened apple crisp is covered in an irresistible oat, almond meal and pecan topping. This recipe yields about 8 modest servings.

### Apple filling:

- 2 ¼ pounds Granny Smith apples (about 5 large or 7 small), cored and sliced into ¼” thick wedges
- ⅓ cup honey or maple syrup
- ¼ cup water, or bourbon or brandy, or apple cider or apple juice (I like 2 tablespoons bourbon and 2 tablespoons water)

- 1 tablespoon lemon juice
- 2 teaspoons arrowroot starch or 1 tablespoon cornstarch
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground allspice or nutmeg

### Oat, almond meal and pecan topping:

- 1 cup old-fashioned oats (use certified gluten-free oats for a gluten-free crisp)
- ½ cup firmly packed almond meal or almond flour
- ½ cup chopped pecans or walnuts (optional but recommended)
- ⅓ cup lightly packed coconut sugar or brown sugar
- ¼ teaspoon fine sea salt
- 4 tablespoons unsalted butter, melted
- ¼ cup plain yogurt (Greek or regular)

Don’t forget vanilla ice cream for serving!

### INSTRUCTIONS:

Preheat the oven to 350 degrees Fahrenheit.

Place the sliced apples in a 9” square baking dish. In a liquid measuring cup, whisk together the honey and water until combined. Add the lemon juice, starch, cinnamon, and allspice, and whisk to combine. Pour the mixture over the apples and toss to combine. Bake for 20 minutes.

Meanwhile, in a medium mixing bowl, stir together the oats, almond meal, pecans, coconut sugar, and salt. Mix in the melted butter and the yogurt. Stir until all of the flour is incorporated and the mixture is moistened throughout.

Once the apples have baked for 20 minutes, give them a stir and redistribute them evenly in the baker. Dollop small spoonfuls of the oat mixture evenly over the filling (see photos, no need to pack it down). Return the baker to the oven and bake for 25 to 30 more minutes, until the filling is bubbling around the edges and the top is nice and golden. ■

