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HOUSEKEEPERS' CHAT

Monday, November 12, 1934.

(FOR BROADCAST USE ONLY)

Subject: "Know Your Apples." Information from the Bureau of Home Economics, USDA.

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Mother Eve would be an astonished lady if she could return to earth and see how one country at least -- these United States -- had "taken to" that fruit she made so famous. We Americans generally consider apples our staple fruit. We use a quantity each year for just plain eating, but we also cook them in a great many different ways to suit almost any course at any meal. We preserve apples by drying, canning, using them in jellies, marmalade, butters and preserves. No other fruit serves so many purposes.

And apples do more than just please the taste, you know. To be sure, that saying about an apple a day keeping the doctor away is somewhat exaggerated. But apples do furnish us with many of the nutritive values we need largely because we eat so many of them. Apples are "base-forming," that is, they help offset the acid-forming foods we eat, like bread or meat. Then, apples have some mineral and vitamin values and we get the most of these values when we eat the fruit raw -- skin and all. Apples are a source of vitamin C because we commonly eat them raw and save this vitamin which is destroyed by cooking. Finally, apples furnish a mild roughage.

The apple crop will be short this year, the specialists say -- short in New York and New England especially, where thousands and thousands of apple trees were killed or damaged by cold last winter. Then, apples in the Ozark region suffered from drought last summer, so there will be fewer apples there than last year. The Potomac-Cumberland-Shenandoah region has a lighter crop, along with Ohio and the rest of the Central States east of the Mississippi. But the great apple country of the Northwest -- Washington and Oregon and the nearer Mountain States, has a crop equal to last year.

Well, that's the apple situation and you can see why those of us who buy our apples will probably have to pay a little more now for them. But just remember that better prices are good for the apple grower, the apple seller, and, in the long run, for everybody else as well.

Now about buying apples. You know that we grow many varieties of apples, each with its own best use. Even the apple expert won't try to judge the quality of an apple by its looks alone. The gorgeous beauty that bakes to perfection, or the one that makes a bright clear jelly, may be the poorest sort of eating apple. The apple best for sauce or pie is likely to be not so good for baking or jelly. Naturally, you and I don't want to waste our time or apples or money making poor apple pie or jelly that won't jell because we picked the wrong variety of apple. But how to choose?

Well, of course, if you have your own orchard, you can do your own experimenting and be sure which apples to use for which purpose. But if you're buying your apples, try to find out the kinds on your local market and where they come from. Some varieties like the Jonathan, or Winesap, or Stayman are more or less standard, general-purpose apples wherever you find them. But most varieties are at their best in certain regions and for certain uses.

Let's see what some of the State experts have learned by experimenting with their own apples. Take the two biggest producing regions -- New York and the Northwest.

For eating apples New York gives first place to the Spitzenburg, and then lists Jonathan, Northern Spy, McIntosh, Snow and Yellow Newton as "very good." The Northwesterners recommend as excellent for eating their Spitzenburg, Delicious, Grimes Golden, Jonathan, McIntosh, Wagener, White Pearmain, Winesap, Yellow Bellflower and Yellow Newton. This last we meet again in Virginia as the favorite Albemarle Pippin.

For baking, New York recommends especially its Tompkins King, Tolman Sweet, Rome Beauty, Northern Spy; also its Wolf River, McIntosh and Twenty-Ounce. The Northwest experts don't specify as to baking but they say that their best cooking apples are the Ortley, Rome Beauty, Spitzenburg, Wagener, Yellow Bellflower and Yellow Newton.

Now what apples make the best apple pie? Well, New York says the Maiden Blush, Jonathan and Northern Spy are excellent pie apples, and that Twenty-Ounce, McIntosh, Snow and Baldwin are good or very good. And Oregon rates as excellent for pies: Northern Spy, Bottle Greening, Rambo, Beitigheimer, Maiden Blush, Ribston Pippin.

For apple sauce, New York favorites are Maiden Blush, Tompkins King and Jonathan, as well as Twenty-Ounce, McIntosh, Fall Pippin, Snow, Spitzenburg and Northern Spy. In the Northwest the experts would choose for their apple sauce: Rambo, Tompkins King, Grimes Golden and Ortley. Their second choice would be Northern Spy, Wagener and Yellow Bellflower.

Finally, what apples for the jelly-maker? Well, New York favors Rhode Island Greening, Spitzenburg, Baldwin, Tompkins King, Northern Spy and Fall Pippin. With 5 pounds of any one of the apples, you can get 15 to 21 glasses of jelly with three extractions of the juice. Jelly-making apples in the Northwest are Scott, Lawver, Twenty-Ounce, Maiden Blush and Melon. The experts also recommend as next best, Jonathan, Rome, Snow, White Winter, Pearmain, Salome, Coos Bay Beauty, Northern Spy and Tompkins King.

Now in the Potomac-Cumberland-Shenandoah apple region, you'll hear the praises of the Yellow Newton or Albemarle Pippin, and of the Grimes Golden and Stayman Winesap as the best eating apples. People use the same three for cooking too. The Jonathan and Winesap are also good for baking.

As for the Middle West and the North Central West, here again the best eating apples are Jonathan, Grimes Golden and McIntosh. Rome Beauty is the favorite for baking. Arkansas or Black Twig and York Imperial are good both for baking and sauce. Experiments on Cooking apples in Wisconsin suggest Grimes Golden for both sauce and baking, Jonathan for baking, Northwestern Greening for both pie and sauce, and Salome for pie.