



eats

Apples

By Therese Gustin

With the cool crisp days of autumn comes the apple harvest. The Northwest offers some of the best conditions for growing apples and you can find many varieties at farms, farmer's markets, nurseries and your favorite grocery store. You can even grow them yourself.

You may think you need acreage to grow apples, but your own patio will actually work just fine.



Perfect in a pot, columnar apples can be grown in containers on your deck or patio. Columnar trees have a short trunk with extra small branches. When the apples appear, it looks like they are growing up the trunk. Our 'Golden Sentinel' variety of columnar apple produced over 30 apples on a 4 ft. tree on our deck this year!

If you have a sunny fence line, dwarf espaliered apples are another great way to pack in the fruit. Espaliered trees typically have 2-3 flat branches on the left and right of the trunk. They are pruned to be kept narrow. The apples grow off these narrow branches. The dwarf apples are easy to keep anywhere from 4 to 5 feet tall. They even come grafted with multiple varieties on one trunk. A simple lime-sulphur spray at the time the buds swell and at bud break will help minimize apple scab.



Many of our local garden centers carry these types of apple trees. They are mostly available in January and February when they are dormant. You can also order them online from One Green World at www.onegreenworld.com. They offer an amazing amount of choices for the backyard gardener.



Growing apples is fun and easy, but eating fresh harvest picked apples is amazing. Recently, I just discovered a new favorite variety at an apple tasting event at Bauman Farms. The '**Corail**' variety is sweet and crisp with a tiny hint of tartness. Slather a slice with peanut butter for a sweet, healthy afternoon snack or add a slice of cheddar cheese for a tangy flavor.

It does have a lot of competition with the 'Honeycrisp' apple for eating fresh. Aptly named, its flesh is sweet like honey, crisp, firm and juicy. Nowadays, you can find '**Honeycrisp**' apples at your grocery store, but they aren't around for long so get them while you can.





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Pumpkin Puree...*continued*



The old standby '**Granny Smith**' variety holds up well in cooking. Most pie and apple crisp recipes recommend this variety but you can also try 'Jonathan', 'Rome Beauty' or 'Gravenstein'. Mixing apple varieties can also give your pie a more complex flavor and texture.

If you are interested in another delectable delight, for only a few weeks beginning the first of November, Al's Garden Centers offer the famous **Ice Apple™**. These are Fuji apples that were last left on the tree, until their cores became crystallized sugar. They are the sweetest apple you will taste.



If you have a bunch of apples and need some other ideas, David Musial, the co-host of 'Fusion', made a fabulous apple pie on the show. You can check go to www.FusionNW.com to see the recipe and view the segment.

So pick up some of your favorite apples, create a delicious dessert and enjoy the abundant fruit of the season.