

The Crunch Of Autumn Apples

Autumn is the peak season for crisp, crunchy apples of all kinds. Apples vary greatly in their looks, flavors, and textures. Did you know some varieties are better for eating and snacking? There are many different types of apples across the sweet-tart-crisp-crunchy spectrum. I find myself searching for a crunch-tastic apple! The crunch of an apple is a burst of flavor exploding in your mouth. Here are some varieties to try this fall.

If you're looking for an apple to snack on, select harder varieties that maintain their crunch longer. Sink your teeth into any of these delicious apple varieties for the ideal crunch:

1. SweeTango: SweeTango apples have large cells that give them a great crunch and perfect fracture. They won the Guinness World Record for the world's loudest crunch.
2. Honeycrisp: These apples have a juicy, crisp crunch due to larger cells in their flesh. They have a balanced sweet-tart flavor. Honeycrisp is among the varieties with the least longevity, so eat them fast.
3. Cosmic Crisp: New to the category of crunchiest apples, they are known for their firm, crisp texture and sweet-tart flavor. Cosmic Crisp is a long-storing variety. Sliced Cosmic Crisp is slow to turn brown due to oxidation.
4. Pink Lady: The Pink Lady apple, also known as Cripps Pink, is a crisp and firm apple that gives a fine crunch and tangy finish. The flesh is slow to oxidize, so that you can prep them ahead of time.
5. Rave: These apples are crisp with delicate white flesh that is incredibly juicy, with a refreshing snappy zing.
6. Braeburn: This apple has a juicy, crunchy texture. It's crisp without being hard and has a well-balanced flavor with just enough 'tang' to match the sweetness.

Can eating an apple every day really keep the doctor away? Apples are a source of fiber, phytochemicals, and vitamin C. Fresh, whole apples offer the most nutrients; discarding the skin removes most flavonoids (phytochemical compounds) and much of the fiber. One serving, or one medium apple, provides about 95 calories.

Look for smooth, firm, and heavy apples for their size, with no wrinkling or bruising. Look for apples without flat spots, which are bruises and without any cuts, because those can lead them to decay faster than normal.

If you hate mealy apples like I do, your best action plan is to avoid apple varieties that are prone to getting mealy, like Gala apples or other softer varieties.

A bowl of whole apples makes for a beautiful display on your countertop; however, they'll only last 1 or 2 weeks, depending on the variety and room temperature. Keep them out of direct sunlight. Apples in the fridge last from 2 weeks to several months.

Keep cut apples in a resealable bag or airtight food storage container in the refrigerator. Wrap them tightly in beeswax or plastic to prevent browning and consume them within a few days.

Remember to wash apples thoroughly under running water before eating them.

Apples turn brown or oxidize when cut. The best way to prevent browning is to soak the cut fruit in a saltwater solution (half a teaspoon of kosher salt per cup of water) for 10 minutes, then drain and store them until ready to use. The mild salt flavor can be rinsed off with tap water before serving.

There's no shortage of apple varieties, but if you're looking for a crunchy apple, it's best to choose a variety known for its crisp texture. Each apple variety has its own unique characteristics, and that's what makes them such a versatile fruit.