



Michigan is the third largest producer of apples in the US.

Naturally fat-free, apples are also rich in fiber and antioxidants.

Apples make up more than half of the total fruit grown in Michigan.

2014 Apple Guide



Shorter days and changing leaves means that fall is upon us. This season is also the best time to find fresh Michigan apples. Few experiences can top making a trip to the local apple orchard, drinking some fresh-squeezed cider, and taking home a peck of U-pick Paula Reds. With the help of this guide, you can bring a taste of the season to your institution and even serve the Paula Red, Honeycrisp and Golden Delicious apples grown at the local orchard down the road. As the third largest apple producing state in the nation, it just makes sense for Michigan schools, hospitals and other institutions to source Michigan apples fresh in season and throughout the year.

The Michigan Apple Toolkit provides resources to help make it easier for institutions to find, buy and use this delicious fruit. Learn how to purchase apples from distributors or directly from farmers, find recipes that have been tested and perfected by food service staff members, and use the marketing materials to share the results of your efforts with staff members, eaters and communities. Then track your local purchases through the Cultivate Michigan Dashboard as we work towards reaching the goal of 20% Michigan foods in all Michigan institutions by 2020.

Quick Tips and Facts about Apples

- 1 Fact:** More than nine million apple trees are in commercial production on 850 farms in Michigan.
- 2 Fact:** Michigan apples are available nearly year-round thanks to controlled atmosphere storage facilities.
- 3 Nutrition Tip:** Crunchy, juicy apples keep teeth healthy and scrub away stains over time. Consuming their rough, fibrous texture and natural tannins, followed by a rinse of water, make apples ideal for cleaning and brightening teeth.
- 4 Nutrition Tip:** Apples contain antioxidants and flavonoids that have been linked to decreased risk of certain types of cancers.
- 5 Fact:** Apples are the most valuable tree crop in the state and is worth more than half of the entire tree fruit industry in Michigan.
- 6 Safe Handling:** Store apples away from other aromatic fruits and vegetables as the fruit's porous skin can allow other flavors to penetrate its flesh.



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Providing delicious Michigan apples all year long

One of the most enjoyable experiences a person can have is biting into a sweet, juicy, freshly picked apple. However, because of the nature of the fruit and its small harvest window in Michigan, apple growers and packers use state-of-the-art storage systems throughout the winter months and into the following spring to maintain the same level of freshness as the day the apples were picked. Controlled atmosphere storage (CAS) facilities around the state are packed to the brim each fall harvest and slowly emptied over the course of the year in response to demand. How long Michigan apples are available from storage depends on the size of the season's harvest. The "controlled atmosphere" (lower oxygen and higher carbon dioxide levels) reduces the fruit's metabolic activity and its sensitivity to ethylene, which can hasten fruit softening and color change. By putting the apples to "sleep", or in a state of hibernation in storage, peak quality and freshness can be maintained for months.

A variety for every taste and use!

An ever-increasing number of apple varieties are now available. The table below shows many of the available varieties grown in Michigan, in addition to their taste profile, primary uses and timing of the typical harvest.

Variety	Use	Taste	Typical Harvest
Empire	Fresh and baked	Combination sweet and tart	Mid-September
Fuji	Fresh and baked	Sweet and crunchy	Mid-September
Gala	Fresh and baked	Sweet and crunchy	Early September
Ginger Gold	Fresh	Sweet-spicy and firm	Late August
Golden Delicious	Fresh and baked	Sweet and firm	Early September
Braeburn	Fresh and baked	Mildly sweet and crispy	Late October
Honeycrisp	Fresh	Sweet, crisp, and juicy	Mid-September
Ida Red	Fresh and baked	Tart, firm and juicy	Late October
Jonagold	Fresh and baked	Sweet, firm and juicy	Late September
Jonathan	Fresh and baked	Sweet-spicy	Mid-September
McIntosh	Fresh and baked	Sweet-tart and juicy	Mid-September
Paula Red	Fresh and baked	Sweet-tart and juicy	Late August
Red Delicious	Fresh	Sweet, juicy and crunchy	Late September
Rome	Fresh and baked	Mildly tart and juicy	Late September



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On the following pages, you will find item descriptions, pack sizes, seasonal availability and item codes for several varieties of fresh apples. This information is categorized by the size of the supplier/distributor. Contact information is listed for each supplier to help make it easier to find and buy Michigan apples when in season.

Full Service (Broadline) Distributors

Several broadline distributors provide Michigan institutions with Michigan-grown apples. Listed below are distributor names and contact information and the products offered by each.

Gordon Food Service

Please call 800.968.4164 and provide an item/produce number to receive pricing and purchasing information. You may also visit www.gfs.com for more details.

Item	Pack	Item Code	Availability
Apple Variety	40 pounds / 138-163 count	608662	October – March
Apple Golden Delicious	40 pounds / 138 count	597481	October – March
Apple Red Delicious	40 pounds / 113 count	197696	October – April
Apple Red Delicious	40 pounds / 138 count	201456	October – March
Apple Red Delicious	40 pounds /175 count	100105	October – March
Apple Red Delicious Poly Bag	8-5 pounds	542105	October – April
Apple Red Delicious	20 count	597066	October – March
Apple Red Delicious Extra Fancy	40 pounds / 88 count	100045	October – April
Apple Fuji	40 pounds / 100 count	735612	October – April
Apple Gala	40 pounds / 100 count	197718	October – March
Apple Golden Delicious	40 pounds / 88 count	688730	October – April
Apple Honeycrisp	40 pounds / 80 count	680830	October – January
Apple Ida Red	40 pounds /100 count	823270	October – March
Apple Jonathon	40 pounds / 100 count	827710	October – April
Apple McIntosh	40 pounds / 100 count	827760	October – April
Apple Red Delicious	40 pounds	688690	October – April
Apple Variety	40 pounds / 100 count	197726	October – April
Apple Variety Bulk	40 pounds /113-138 count	810730	October – April



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Sysco (Grand Rapids)

Be sure to contact your Sysco Representative for all Michigan Produce Items (MIPRO). You may also visit www.syscogr.com for more information.

Item	Pack	Item Code	Availability
Apples Fuji	40 pounds/100 count	6671889	October – May
Apples Fuji	1/16 pounds	7916776	October – May
Apples Braeburn	40 pounds/100 count	6671893	October – May
Apples Empire	40 pounds/100 count	6671574	October – May
Apples Gold Delicious	40 pounds/100 count	6671574	September – May
Apples Gold Delicious	1/16 pounds	7916602	September – May
Apple Jonathan	40 pounds/100 count	7125350	September – May
Apple Jonathan	1/16 pounds	7916651	September – May
Apple Red Delicious	40 pounds/88 count	6671646	September – May
Apple Red Delicious	1/16 pounds	7916651	September – May
Apple Red Delicious	40 pounds/100 count	6671657	September – May
Apple Red Delicious	1/16 pounds	7916663	September – May
Apple Red Delicious	40 pounds/113 count	6671750	September – May
Apple Red Delicious	40 pounds/138 count	6671707	September – May
Apple Rome	40 pounds/100 count	7125376	September – May
Apple Gala	40 pounds/100 count	6671495	September – May
Apple Gala	1/16 pounds	7916648	September – May
Apple McIntosh	40 pounds/100 count	6671495	September – May
Apple McIntosh	1/16 pounds	7916616	September – May
Apple Honeycrisp	40 pounds/100 count	6671511	September – November
Apple Honeycrisp #2	40 pounds/100 count	7189693	September – November
Apple Jonagold	40 pounds/100 count	6671776	September – May
Apple Jonagold	1/16 pounds	7916699	September – May
Apple Ida Red	40 pounds/100 count	6671792	September – May
Apple Paula Red	40 pounds/100 count	6671469	August – September
Apple Paula Red	1/16 pounds	7916508	August – September



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US Foods

Contact your sales representative or visit www.usfoods.com for more information.

Item	Pack	Item Code	Availability
Apples Braeburn	40 pounds	2507119	When in season
Apples Red Delicious	40 pounds	4037354	When in season
Apples Gala	40 pounds	4852000	When in season
Apples Golden Delicious	40 pounds	8525461	When in season

Van Eerden Foodservice

Please call 800.833.7374 for pricing/purchasing information or visit www.vaneerden.com for more details.

Item	Pack	Item Code	Availability
Apples Red Delicious	40 pounds / 125 count	000322	When in season
Apples Gala	40 pounds / 72 count	000761	When in season
Apples Golden Delicious	40 pounds / 120 count	006820	When in season

Regional and Specialty Distributors

These businesses tend to distribute food regionally and can provide Michigan apples to institutions located in their respective area. Contact each supplier directly to find out about their specific delivery area and product availability.

Allen Street Marketplace (Lansing)

With more than 60 farms and food producers registered, the Exchange offers a full range of food products, including produce, meat, cheese, coffee, baked goods and other processed foods. Institutions can choose from many different organic and conventional apple products, which can be ordered and packed to any specification.

Current product inventory can be viewed and orders placed at www.allenmarketplace.localorbit.com. Orders placed by 7 p.m. Monday are fulfilled by Wednesday afternoon the same week. Questions about current product availability or purchasing should be directed to Neal Valley, Exchange Manager, at 517.999.3923 or exchange@allenneighborhoodcenter.org.

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BelleHarvest

Founded by local, family-owned orchards, BelleHarvest has been marketing Michigan apples since 1957. They pack 14 different varieties utilizing an assortment of packaging options, all sized to meet the customer's needs. Varieties available include Paula Red, Gingergold, Gala, McIntosh, Honeycrisp, Empire, Cortland, Jonathan, Jonagold, Golden Delicious, Red Delicious, Ida Red, Rome and Fuji. Please call 800.452.7753 with inquires, or email to sales@belleharvest.com.

Cherry Capital Foods (Statewide)

Cherry Capital Foods distributes only Michigan-made/-produced products within the state of Michigan. Please call 231.943.5010 ext. 1 or email sales@cherrycapitalfoods.com (include subject line "Farm to Institution") for more pricing/purchasing information. Join the Cherry Capital Foods mailing list for up-to-date product information at www.cherrycapitalfoods.com.

Cherry Capital Foods sources multiple varieties of apples from several Michigan orchards and have quantities available in Traypack (125-138 Count) and 40-pound bulk. Call or email for most up-to-date list of available varieties.

Current varieties:

Item	Pack	Availability
Paula Red	40 pounds / 125-138 count	August – September
Ginger Gold	40 pounds / 125-138 count	August – September
Gala	40 pounds / 125-138 count	September – May
McIntosh	40 pounds / 125-138 count	September – May
Zestar!	40 pounds / 125-138 count	September – May
Honeycrisp	40 pounds / 125-138 count	September – May
Empire	40 pounds / 125-138 count	October – May
Cameo	40 pounds / 125-138 count	October – May
Braeburn	40 pounds / 125-138 count	October – May
Golden Delicious	40 pounds / 125-138 count	October – May



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Lumetta Produce, LLC (Southeast)

Lumetta Produce stocks only Michigan products when they are in season. The company recommends asking for their weekly produce updates to know when certain products become available; this can be done by email or as a preference in your custom ordering templates. Please contact Sam at sam@lumettaproduce.com for more information.

Shelton's Wholesale Farm Co. (West Michigan)

Please call 269.684.3230 to speak with Joe Shelton for a current list of available Michigan-grown apples.

Tedesco Produce Co. Inc. (Clinton Township)

Please call 586.405.2080 to speak with Teddy Tedesco for a current list of available Michigan-grown apples.

West Michigan FarmLink (Grand Rapids)

West Michigan FarmLink is an online wholesale food hub servicing the greater Grand Rapids area and connecting local area chefs, restaurateurs, institutions and schools with Michigan farmers and producers of good food products. Growers offer fresh apples on the FarmLink website starting in September and throughout the year as long as supplies last. Varieties available include Gala, Ginger Gold, Honeycrisp, McIntosh and Paula Red. Apples are packaged in quantities ranging from a half-peck to full bushels. Larger quantities can be sourced, as needed. Product offerings, growers and availability change weekly, so visit www.wmfarmlink.com or email info@wmfarmlink.com for up-to-date product listings and pricing. Growers interested in supplying products are welcome to contact FarmLink, as well.



Resources for Farm to Institution Support

MSU Center for Regional Food Systems

<http://foodsystems.msu.edu/>

Ecology Center

<http://www.ecocenter.org/healthy-food>

Michigan State University Extension

Locate your county MSU Extension office.

<http://www.msue.msu.edu>

Resources for Linking with Local Farmers

Many of the state's large-scale apple producers deal directly with produce brokers to sell their product. This can make it difficult for them to work one-on-one with a local school, hospital or university. Below is a list of statewide and regional resources to help you connect with local Michigan farmers who may be able to supply you directly with apples!

Statewide Resources

Local Harvest

Locate farmers markets, family farms, community supported agriculture (CSA) and other sources of sustainably produced food.

<http://www.localharvest.org/>

Michigan MarketMaker

This interactive mapping system links producers and consumers in Michigan.

<http://mimarketmaker.msu.edu/>

Michigan Farmers Market Association

Find the locations of farmers markets across the state.

<http://mifma.s434.sureserver.com/find-a-farmers-market/>

Michigan Food and Farming Systems (MIFFS)

MIFFS connects beginning and historically underserved farmers to resource opportunities.

<http://www.miffs.org>

Natural Resources Conservation Service

This site provides a listing of county and state service offices.

<http://1.usa.gov/1kMidud>



Resources

Michigan Farm Bureau

Locate the local Michigan Farm Bureau office in your county.
<http://www.michfb.com/counties/>

Michigan Agricultural and Commodity Organizations

The Michigan Agricultural Commodity directory lists the locations of and contacts for the agricultural commodity organizations in Michigan (updated Dec. 2012).
<http://1.usa.gov/1msHb5c>

Michigan Organic Food and Farming Alliance (MOFFA)

Visit this site to download the "Eating Organically Guide".
<http://www.moffa.net/>

Certified Naturally Grown

This site provides a current list of certified small-scale, direct-to-market farmers and beekeepers in Michigan who use natural growing and harvesting methods.
<http://www.naturallygrown.org/farms/list/227/MI>

Regional Michigan Resources

Michigan Food Hub Learning and Innovation Network

Food hubs are centrally located facilities that aggregate, store, process, distribute and/or market locally or regionally produced food.
<http://foodsystems.msu.edu/activities/food-hub-network>

U.P. Food Exchange

This group connects local food activity within three regions (eastern, central, western) of the Upper Peninsula and coordinates local food efforts between the regions.
<http://upfoodexchange.com/>

Taste the Local Difference

From the Michigan Land Use Institute, this resource connects consumers in northwest Lower Michigan to local food and farms, restaurants and businesses.
<https://www.facebook.com/localdifference>

Food System Economic Partnership (FSEP)

The FSEP Farm to School Program collaborates to bring together school officials, food service directors, contracted food service providers, parents, distributors, processors and producers to establish mutually beneficial relationships to increase the amount of locally produced food consumed by students in our schools.
<http://fsepmichigan.org/index.php/farm-to-school/>



2014 Apple Recipes

Oftentimes the best way to eat an apple is to grasp a fresh, washed fruit in your hand and take a big crunchy bite, but for those of you who are looking to incorporate apples into your menus in a variety of ways, you will find some recipes on the following pages that allow you to do just that.



Apple Fries

Yield: 60 Servings

Ingredients

1 gallon apple cider

1 cup unsalted butter

40 tart and firm apples, cored and cut into 8 wedges each

¼ cup chopped fresh thyme

Directions

Preheat oven to 400°F. Line baking trays with parchment paper.

Pour apple cider into a large pot and cook (or simmer) over medium heat until the liquid has been reduced by one-third, or is the consistency of a syrup. Remove pot from heat and whisk in butter.

Place apple slices in a bowl and toss with half of the apple cider mixture. Place apple slices on the lined baking trays. Roast in oven for 10 minutes. Remove tray from oven, flip apples and glaze with remaining cider mixture. Continue to roast for 10 minutes. Remove from oven and allow apples to cool five minutes before serving.

Recipe provided courtesy of Bryan Nader, Sous Chef with Mercy Health St. Mary's Campus in Grand Rapids, Mich.



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2014 Apple Recipes

Turkey, Spinach and Apple Wraps

Yield: 50 Servings

Nutrients per serving:

334 calories; 15g total fat (6g saturated fat); 28g carbohydrates; 3g fiber; 27g protein; 400 mg sodium

Ingredients

25 12-inch honey wheat wraps

25 cups baby spinach leaves,
loosely packed

6¼ pounds thin turkey breast
(4 slices per wrap)

12 Gala apples, or other hard
Michigan apple variety, sliced
paper-thin

12½ cups shredded cheddar
cheese

Directions

Leaving a margin free on the side closest to you, arrange a layer of greens on top of each wrap. Top each layer of greens with half of the turkey. Evenly divide apple slices and lay lengthwise across turkey. Sprinkle ½ cup shredded cheese onto wrap. Fold over the end of the wrap closest to you, then the two sides. Roll the wrap as tightly as possible toward the opposite side. Cover each wrap tightly with plastic wrap and then refrigerate, seam side down, up to 4 hours before serving. When ready to serve, remove plastic wrap and cut each wrap in half, at an angle. Makes 50 wraps.

*Recipe provided courtesy of Traverse City
Area Public Schools.*



2014 Apple Recipes

Roots, Fruits and Leaves Slaw

Yield: 12 Servings

Ingredients – Slaw

- 1 head red cabbage
- 2 – 3 Michigan apples (any varieties)
- 2 – 3 carrots
- ½ cup golden raisins or naturally sweetened dried cranberries
- Small handful of cilantro (optional)

Ingredients – Dressing

- ½ cup olive oil
- 3 tablespoons honey
- ¼ cup apple cider vinegar
- Juice of one lime
- 1 teaspoon cumin (optional)
- Salt and pepper, to taste

Directions

Shred or slice the red cabbage into fine strips and put it in a large mixing bowl. Grate the carrots using a large-holed grater and add shredded carrots to bowl with cabbage. If using cilantro, finely chop a small handful and add it to the slaw mixture. Add the raisins. Cut apples into thin matchstick pieces (or spiralize) and add to slaw mixture. (Note: If you are preparing this slaw in advance of serving, cut the apples when you're ready to dress and serve the salad to avoid browning, or slice and store apples in water with lemon until ready to combine and serve.) Toss slaw mixture together well.

For the dressing, add honey, apple cider vinegar, lime juice, cumin, salt and pepper to a small bowl. While whisking, drizzle in olive oil. Drizzle dressing over the slaw and toss until well-coated. Serve chilled, and enjoy eating those tasty plant parts!

Recipe provided by Lauren Rhoades, FoodCorps Service Member at Magnolia Speech School in Jackson, Miss.



2014 Apple Recipes

Cran-Apple Crisp

Yield: 6 Servings

Ingredients

4 large Michigan apples,
thinly sliced

1 16-ounce can whole
cranberry sauce

2 teaspoons butter

1 cup rolled oats

1½ cups packed brown sugar

1 teaspoon cinnamon

Nutrients per serving:

293 Calories; 3 g Total Fat; 0 mg Cholesterol; 36 mg Sodium;
70 g Total Carbohydrate; 6 g Dietary Fiber; 46 g Sugars; 2 g Protein

Directions

Preheat oven to 400°F.

Mix together the apples and the cranberry sauce in a bowl. Spoon into an 8 x 8-inch baking dish.

Mix the oats, brown sugar and cinnamon in a bowl, add melted butter and mix well. Sprinkle over the fruit and bake, covered, for 15 minutes. Bake for an additional 10 minutes uncovered, or until the topping is crisp and brown.

Serve warm or cold.

Note: Two individual packets of flavored instant oatmeal can be substituted for the oat mixture.

*Recipe from the National Extension Association of
Family and Consumer Sciences, Living Well Cookbook.*



2014 Apple Recipes

Roasted Apple & Butternut Squash Soup

Yield: 32-48 servings
Serving Size: 1 cup

Ingredients

.....
24 – 32 pounds of butternut squash, peeled & seeded (about 48 – 64 cups cubed)
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16 yellow onions
.....

16 apples, peeled & cored (McIntosh apples work great)
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1.5 cups olive oil
.....

4 – 8 quarts low-sodium chicken stock
.....

4 teaspoons curry powder
.....

½ cup salt (divided in half)
.....

8 teaspoons black pepper (divided in half)
.....

Directions

Turn oven on to 425° F.

Peel the butternut squash using a vegetable peeler or knife. Slice in half lengthwise & scoop out seeds. Cut into 1-inch cubes (you should have 48 – 64 cups of cubes).

Peel & cut onions into 1-inch cubes. Rinse, peel & remove core of apples. Cut into 1-inch cubes.

Toss the butternut squash, onions & apples with olive oil, half of the salt & half of the pepper. Place mixture on baking sheets, spreading them as a single layer on each sheet.

Roast in oven for 35 – 45 minutes (until very tender/soft), stirring occasionally.

Heat the chicken stock to a simmer on the stove.

When the vegetables are done cooking, put them in a food processor (in batches) with a little chicken stock & blend/puree.

After blending/pureeing all of the roasted vegetables & apples, place the blended mixture in a large pot & add enough chicken stock to make a thick soup.

Add curry powder, rest of salt and pepper. Stir, taste to make sure seasoning is right, heat through & serve hot!

Enjoy!

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Recipe provided courtesy of the Prescription for Health Program at Washtenaw County Public Health.
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