

Apple Pie

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The History of the Apple

- It is believed that Alexander the Great discovered apples in Khazakstan, Asia as early as 328 BCE.
- Winter apples picked in the late fall have been an important source of produce in Europe and Asia for thousands of years.
- Apples were brought to North America during the 17th century and the earliest apple orchard is believed to have been in Boston.
- Holds cultural context as the supposed fruit that Eve coaxed Adam into eating in the Bible.



Botanical Information

- Apples are the pomaceous fruit that grow on apple trees.
- Apple trees can be as tall as 39ft tall.
- The flowers, which are white, blossom in the spring and the fruit blossoms in the fall.
- The center of the fruit contains five carpels arranged in a star shape, each containing one to three seeds.



Recipe

Ingredients:

- Pastry for 2 crusts (recipe below)
- 8 cups sliced, peeled assorted baking apples - about 3 lbs. (Granny Smith, Cortland, Jonathan)
- 2 Tablespoons lemon juice
- 3/4 cup white sugar
- 1/4 cup brown sugar
- 1/4 cup all-purpose flour
- 1 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 2 Tablespoons butter
- 1 egg yolk
- 1 Tablespoon milk

Directions:

1. In a large bowl, toss the sliced apples with lemon juice.
2. Combine sugars, flour, cinnamon and nutmeg; add to apples and toss well to coat.
3. Fill pastry lined 9 inch pie pan with apple mixture. Dot with butter.
4. Place second crust on top of pie filling, cut slits in top of crust to vent. Seal the edges of the crust with a fork or by hand.
5. In a small bowl, beat the egg yolk and milk. Brush mixture over top crust.
6. Bake at 425 degrees F for 15 minutes.
7. Reduce heat to 350 degrees F and bake 40-45 minutes more or until crust is golden and filling is bubbly.



Nutritional value of plant parts used

- Mesocarp or pulp is the part of the apple between the skin and the core and is the part of the apple used in making apple pie.
- The skin is also included in apple pie sometimes because it holds the most nutritional value.
- Apples are a good source of insoluble and soluble fiber.
- Soluble fiber in apples helps to prevent cholesterol build up in blood vessels.
- Insoluble fiber provides bulk in the intestinal track.
- Apples are also a good source of vitamin C.