

Malus Domestica

MELO - APPLE - POMMIER - APFEL

MANZANO - ЯБЛОНЯ - りんごの木 - 苹果树 - حافت

HISTORICAL BACKGROUND:

Apple trees are grown intensively throughout China, the United States, Russia and Europe.

In Italy, apple cultivation is concentrated mainly in the north; 80% of Italian apples come from just three regions: Trentino-Alto Adige (46%), Emilia Romagna (17%) and Veneto (14%). The apple tree belongs to the large Rosacea family with its subfamily Pomoideae. The apple tree is a medium to large size plant that can reach a height of 8-10 meters. The fruit is a pome. The tree`s bark is usually smooth compared that to other species and its leaves have a distinct serrated edge.

The apple is the fruit of all fruits. It has been eaten since ancient times and there are frequent references to it in literature, both religious and profane.

The most famous is certainly the biblical passage in which Adam and Eve are cast out of the Garden of Eden for eating the “fruit of knowledge of good and evil” usually seen as an apple. The apple is an element that also appears in Greek mythology. In a dispute between three Greek goddesses over a golden apple, the goddesses Hera, Athena and Aphrodite all lay claim to the apple. The apple however must be given to the most beautiful of

the three and Zeus, not wanting to get involved assigns the task of deciding to Paris of Troy.

Another “famous” apple is the one of the legendary Swiss hero William Tell, forced to demonstrate his skill as an archer by shooting an arrow at an apple placed on his son`s head.

Science too owes its gratitude to this fruit as it is said that Isaac Newton in 1700 discovered gravity, when an apple fell on his head from a tree.

BOTANICAL AND AGRICULTURAL FEATURES / PRODUCT DESCRIPTION:

- *FAMILY: Rosaceae*
- *MINIMUM TEMPERATURE: -35°/-40°*
- *MAXIMUM HEIGHT: 8/10 mt*
- *BLOOM: Spring*
- *COLOR FLOWER: Pinkish white*
- *PRUNING: February*
- *SOIL: Well-drained and rich in organic matter.*

APPLE VARIETIES:

- *ANNURCA:*

Flattish round apple with streaked red skin.

Harvest: Mid October

- *BELEZA DE ROMA:*

Large, round, yellow apple with red blush. Reddish-yellow flesh.

Harvest: September

- *BRAMLEY:*

Medium to large apple, green with a red blush on exposure to sunlight.

Greenish-white, firm, flesh. Tart taste

Harvest: Mid September

- *QUINCE:*

Large yellow fruit.

Harvest: October / November

- *COX`S ORANGE PIPPIN:*

Greenish- yellow skin with orange streaks, sweet, aromatic flavour.

Harvest: Late September

- *ELSTAR:*

Medium-sized round apple. Bright red and yellow marbled skin.

Harvest: Late August

- *FLORINA:*

Round, pale red apple.

Harvest: Late September

- *FUJI:*

Medium-large, orange-yellow apple, tinged with red.

Harvest: Late September/ Mid October

- *GOLDEN DELICIOUS:*

Medium-large yellow apple.

Harvest: Late September

- *GRANNY SMITH:*

Round, green apple.

Harvest: Mid October

- *JAMES GRIEVE:*

Round yellowish green apple, with russet streaks.

Harvest: September / October

- *JONAGOLD:*

Large, greenish-yellow apple streaked with red.

Harvest: Mid September

- *IMPERATORE:*

Round, medium-large apple with pinkish yellow skin.

Harvest: Late October

- *REGINA DELLE RENETTE:*

Flattish medium-sized apple. Golden yellow peel, tinged with red.

Harvest: Late August / Early September

- *RENETTA DEL CANADA:*

Round russet and yellow apple.

Harvest: Mid September

- *RODE/BELLA DI BOSKOOP:*

Yellow and red apple. Good cropper.

Harvest: Late September/ Early October

- *ROYAL GALA:*

Round, red and yellow apple.

Harvest: Late June/ Early August

- *STARKING:*

Round, red apple.

Harvest: Mid September

- *TOP RED:*

Big, red fruit.

Harvest: Mid September

- *BALLERINA BOLERO:*

Round, medium-size green apples with a golden blush.

Harvest: Early October

- *BALLERINA CHARLOTTE:*

Medium to large, flat, conical fruit, bright red over green skin.

Harvest: Late in the season

- *BALLERINA FLAMENCO:*

Reddish-green, crunchy apple.

Harvest: *Early October*

- *BALLERINA MAYPOLE:*

Wild, purple-red apple. excellent for preserves.

Harvest: *Mid September*

- *BALLERINA POLKA:*

Green skin with red blush.

Medium-sized, conical apple with firm, crunchy flesh.

Harvest: *Medium in the season*

BLOOM:

The beautiful apple blossom with its medium-sized, pinkish-white flowers burst into flower later than the peach and pear, some twenty days after the first signs of spring.

Apple blossom has clumps of four or five flowers around a central flower which is the first of the group to bloom, unlike pear blossom where the central flower blooms last.



*TRAINING
AND ORNAMENTAL USES:*



*HALF-STANDARD
TREE:*

*Half-standard tree for the home
orchard.*



STANDARD TREE:

*Suitable for parks and tree-lined
avenues or roads in the country.*



DWARF TREE:

*Plants suitable for terraces,
balconies or small gardens.*

*TRAINING
AND ORNAMENTAL USES:*



*DOUBLE U CORDONS:
Plants suitable for terraces,
balconies or small gardens.*



*ESPALIER PLANTS:
An attractive way to delimit areas of the garden, orchards
or garden paths
A border of flower or herbs can be grown at its base.*

PLANTING:

The best period for planting runs from the beginning of autumn to the beginning of spring.

Place the root ball in a hole (60-70cm wide for a three-year-old plant grown in a 15 litre pot with a 30cm diameter. Once placed in the hole, make sure that the top of the soil of the root ball is flush with the ground.

Fill the hole with the previously removed backsoil. This should be broken down, crumbled and mixed with 20-30% potting soil.

Once the plant is in the hole, use a wooden support or pole to avoid uprooting in case of wind.

Using plastic ties secure the plant to the pole at a height of about 1 metre, leave enough room to allow for the growth of the plant

With the remaining backsoil make a well around the base of the plant, approximately 60-70 cm in diameter with a 15cm lip for three-year-old plants grown in 15 litre pots with a 30cm diameter.

The well helps ensure the proper irrigation of the plant. It prevents water dispersion and allows water to reach the root system.

Fill the well with a 10/15 cm layer of pinewood chips. In addition to slowing the growth of weeds, the chips also help conserve moisture and stop the soil from drying out.

Water well just after planting and repeat every 7/10 days during the growing season.

*HOW TO PLANT
A THREE YEAR OLD FRUIT TREE
IN A 15 LITRE VASE*



HEALTH BENEFITS:

As one of the most widely grown and eaten fruits in the world, apples are often called the “miracle food”. Apples are extraordinary fruits from the point of view of both nutrition and taste.

They have firm, crisp, sweet or tart flesh and they are good for our health. The apple is a true ally for our health, it contains water, protein, very little fat, different sugar types like fructose, glucose, and sucrose, fiber and minerals including potassium, sulfur, phosphorus, calcium, magnesium and other vitamins (C, PP, B1, B2, A). Apples contain very few calories are consequently ideal for people who are overweight. Due to their high-fibre content they are very filling. For people suffering from water retention, kidney and heart disease, specialists often prescribe the so-called “fruit diet” of which apples are a fundamental part. Apples also contain pectin, a type of fibre that acts as a prebiotic which helps regulate the bacterial flora of the intestine.

The soluble fibre found in apples, binds with fats in the intestine and helps keep cholesterol in check, reducing levels in the blood thus decreasing the risk of strokes and heart disease. These fibres are also linked with lowering blood sugar levels and reducing the risk of developing type 2 diabetes because of the anti-oxidants they contain.

Apples have laxative properties. A cooked apple a day can solve constipation in no time. According to studies apples can help reduce the risk of diseases such as diverticulosis of the colon, varicose veins thanks to the protective effect of anti-oxidants called polyphenols contained in them.

NUTRITIONAL VALUE:

*100 g fresh apples contain about 52 calories
(96.6% carbohydrate, 1.7% protein, 2.7% fat)*

Nutrition Value Per 100 g Apples

<i>Energy Value (Calories)</i>	<i>52</i>	<i>kcal</i>
<i>Protein</i>	<i>0,26</i>	<i>g</i>
<i>Carbohydrates</i>	<i>13,81</i>	<i>g</i>
<i>Sugars</i>	<i>10,39</i>	<i>g</i>
<i>Fats</i>	<i>0,17</i>	<i>g</i>
<i>Saturated Fats</i>	<i>0,028</i>	<i>g</i>
<i>Monounsaturated Fats</i>	<i>0,007</i>	<i>g</i>
<i>Polyunsaturated Fats</i>	<i>0,051</i>	<i>g</i>
<i>Cholesterol</i>	<i>0</i>	<i>mg</i>
<i>Dietary Fibre</i>	<i>2,4</i>	<i>g</i>
<i>Sodium</i>	<i>1</i>	<i>mg</i>
<i>Alcohol</i>	<i>0</i>	<i>g</i>

IN THE KITCHEN

QUINCE JAM:

INGREDIENTS:

- 1 kg Quinces
- 600 gr sugar
- 2 untreated lemons



METHOD:

Squeeze and grate the lemons and set aside the peel.

Wash and dry the quinces thoroughly. Remove the core and dice into pieces of approximately the same size to ensure even cooking. Place the quince pieces in a bowl with water and lemon juice to prevent the fruit from blackening.

Drain the quinces and place in a preserving pan. Add the sugar and cook over a medium heat until the fruit has softened.

Stir while cooking to prevent from sticking. After approximately 30 minutes, when the jam has almost reached setting point, 108°C (use a jam thermometer to check), add the lemon juice, grated lemon and stir well. Turn off the heat, remove three quarters of the jam from the pan and pass through a vegetable mill to make the jam smoother and creamier.

Return to the pan with the whole chunks of quince. Sterilize the jars and fill. Screw the cap on each jar and leave to cool upside down in order to create a vacuum. Once cool, store in a cool, dark place.

APPLE PIE:

*FOR SHORTCRUST GLUTEN-FREE PASTRY (see p. 20)
RECIPE FOR VEGAN PASTRY (see p. 21)*

TRADITIONAL SHORTCRUST PASTRY

INGREDIENTS:

- *200g flour 00*
- *70g icing sugar*
- *150 g butter*
- *3 eggs (2 yolks + 1 whole egg)*
- *1 lemon*
- *1 pinch of salt*
- *150g apricot jam*
- *450 g Golden Delicious apples*



METHOD:

Make the pastry: Put the flour, salt and chunks of cold butter in a blender.

Pulse until the mixture resembles fine breadcrumbs. Grate and squeeze a lemon. Now place the pastry mixture into a mixing bowl and add the grated lemon rind, sugar, eggs and mix together until ingredients come together to form a ball.

Wrap in cling film and place in the refrigerator to rest for about an hour. Meanwhile, prepare the filling: peel the apples, cut them into thin slices and place them in a bowl with some lemon juice to prevent them discoloring.

Remove the pastry from the fridge and roll out on a floured work surface and, with the help of a rolling pin, line a 24 cm buttered

and floured tart tin.

Spread the jam over the base of the tart and cover with overlapping slices of apple. Brush the apples with a little jam, previously warmed in a saucepan. Cook the apple tart in a preheated oven at 180°C for about 30 minutes.

APPLE CRUMBLE:

INGREDIENTS FOR THE FILLING:

- *1 kg of Golden or Renette apples*
- *70 gr di sugar*
- *1 teaspoon cinnamon*
- *Juice of half a lemon*
- *20 gr butter*



FOR THE CRUMBLE:

- *180 gr flour*
- *120 gr butter*
- *120 gr brown sugar*

N.B :

- *GLUTEN- FREE RECIPE: replace white flour with gluten-free white flour*
- *FOR VEGAN RECIPE: replace butter with margarine*

Apple crumble is a traditional English pudding with cooked cinnamon flavoured apples and an oven-baked crispy topping.

Apples are certainly the most popular fruit used in crumbles, but it can also be made with other fruits like cherries, peaches, rhubarb and there are even savoury versions.

It should be served warm with a scoop of vanilla ice cream, whipped cream or custard!

METHOD:

Grease an over-proof dish. Peel, core and slice the apples and put them in a bowl with the sugar, lemon juice and cinnamon.

Mix together. To prepare the crumble topping, rub the butter into the flour until the mixture resembles fine breadcrumbs. Place the apples into the buttered dish and cover lightly with the crumble mixture.

Bake in a preheated oven at 180°C for about 35/40 minutes until golden brown.

CARAMALISED APPLES:

INGREDIENTS:

- *4 Apples Golden*
- *4 tablespoons sugar*
- *2 tablespoons water*
- *1 tablespoon butter*
- *Cinnamon*



METHOD:

Peel the apples and cut into 4 wedges and drizzle with juice lemon. In a non-stick frying pan put the sugar with a spoonful of water, and caramelize. Add the butter and apples, turning and coating the apples till brown. If necessary, add another tablespoon of water. Finally add the cinnamon.

When the apple chunks have soften place in a serving dish.

GLUTEN FREE PASTRY:

Gluten-free pastry is a traditional Italian pastry recipe, ideal for people who suffer from celiac disease and are intolerant to gluten. Gluten-free pastry replaces plain flour with rice and corn flour.

INGREDIENTS:

- 250 g rice flour
- 100 g corn flour
- 125 g butter
- 2 eggs (4 egg yolks)
- 1 teaspoon baking powder



METHOD:

Put the rice flour and the corn flour in a food processor along with the pieces of butter from the fridge. Pulse several times until the ingredients resemble fine breadcrumbs.

Add the sugar, eggs, baking powder and mix again for a few seconds. Turn the mixture out onto a floured work surface and form a ball. Wrap in cling film and leave to rest in the refrigerator for about 40 minutes.

Your gluten-free pastry is ready to use!

N.B. You do not need to add any extra flavourings as the flour used will already give the gluten-free pastry a good taste. If you prefer a darker-yellow pastry use 4 egg yolks instead of 2 whole eggs.

VEGAN PASTRY RECIPE:

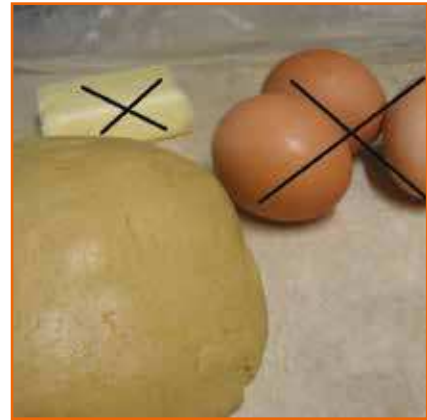
The vegan pastry uses oil instead of butter. It is the perfect base for your sweets and deserts!

This recipe makes a light and crumbly short crust pastry ideal for cakes and biscuits.

In just a few minutes, you can make this simple and delicious vegan pastry!

INGREDIENTS:

- 130 ml corn oil
- 200 ml salt water
- zest of an organic lemon
- 90 gr brown sugar
- 300 gr wheat seed flour



METHOD:

In large bowl whisk together the corn oil and lightly salted water. Add the grated rind of the lemon, avoiding grating in the pith, which has a slightly bitter taste.

Add the brown sugar and flour and work the ingredients together to form a ball. Before using the vegan pastry, leave to rest in the fridge for at least thirty minutes.

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