




*The Story of*

**WENATCHEE  
APPLES**

## When to Eat Apples

Variety	Eating Quality	Cooking Quality	Common Storage	Cold Storage Will Include	Flavor	Size	Color	Origin
Gravenstein	Good	Excellent	Aug. Sept.	Oct.	Juicy, crisp	72-150	Red-yellow striped	Ger.
King Tompkins	Excellent	Good	Sept. Oct.	Nov.	Mild, juicy	72-128	Red to yellow	N. J.
McIntosh Red	Excellent	Fair	Sept. Oct.	Nov. Dec.	Pleasant, juicy	112-200	Bright red	Ont.
Jonathan	Excellent	Good	Oct. Nov.	Dec.	Mild, juicy, crisp	96-225	Bright red	N. Y.
Grimes Golden	Excellent	Fair	Oct. Nov.	Dec.	Mild, pleasant	112-185	Yellow, some pink bluish	Va.
Wagener	Excellent	Good	Oct. Nov.	Dec.	Juicy, sub-acid	96-165	Red-yellow striped	N. J.
Spitzenberg	Excellent	Excellent	Nov. Dec. Jan.	Feb. Mar.	Spiety, sub-acid, crisp, rich, juicy	80-150	Bright red	N. Y.
Delicious	Excellent	Fair	Nov. Dec. Jan.	Feb. June	Mild, slightly sweet	72-140	Red-yellow mottled	Iowa
Winter Banana	Good	Fair	Dec. Jan.	Feb. Mar.	Mild	80-150	Yellow pink bluish	
Ortley	Excellent	Excellent	Dec. Jan.	Feb. Mar.	Mild, juicy, sub-acid	80-150	Golden yellow	N. J.
Stayman Winesap	Excellent	Fair	Dec. Jan.	Feb. Mar.	Mild, sub-acid	96-175	Yellow-red striped	Kan.
Rome Beauty	Very Good	Excellent	Dec. Jan.	Feb. Mar. Apr.	Pleasant, sub-acid	72-165	Yellow-red mottled	Ohio
Yellow Newton	Excellent	Excellent	Jan. Feb. Mar. Apr.	May	Acid, very juicy, crisp	80-200	Yellow, some bluish	N. Y.
Winesap	Excellent	Good	Jan. Feb. Mar. Apr.	May	Sub-acid, crisp, very juicy	128-225	Dark red	N. J.
Arkansas Black	Fair	Good	Feb. Mar. Apr. May	June	Moderate	72-165	Deep dark red	Ark.



THE STORY  
*of*  
WENATCHEE  
APPLES

NATIONAL APPLE WEEK  
OCT. 31 to NOV. 6  
1933

# M E N U

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NATIONAL APPLE WEEK

OCTOBER 31ST TO NOVEMBER 6TH, 1933

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Apple Sauce Cocktail, 20c

Grilled Pork Chops—Apple Fritters, 80c

Farm Sausage—Fried Apples, 70c

French Toast—Apple Marmalade, 50c

Apple and Celery Salad, 50c

Baked Wenatchee Apple, 25c

Apple Sauce, 20c

Wenatchee Apple Pie with Cheese, 25c

## The Story of Wenatchee Apples

THE story of Wenatchee apples and the marvelous growth of the industry in the Wenatchee District reads like a page from a fairy tale. To Okanogan Smith goes the distinction of planting the first apple trees in the Wenatchee District in 1848. The Okanogan Valley, part of the Wenatchee District is, of course, named after him. Smith traveled 300 miles on horseback to get the trees and brought them back tied to his saddle. One of these trees is still bearing fruit which illustrates well the hardiness of stock and adaptability of climate and soil to the growing of apples. In the early 1900's, what was destined to become the greatest apple-producing area in the United States had begun slowly to develop. The magic wand of irrigation fast transformed the district into a great orchard producing more than one-half the apples grown in the State of Washington, which in turn contributes approximately one-third of the total United States commercial yield. In 1902 two carloads of apples were shipped from the now famous district. Year after year this has increased and in 1932 about 20,000 cars were sent out to the markets of the United States and many foreign countries.

## **The Commercial Apple Center of America**

The Wenatchee District embraces the protected valleys at the foot of the eastward slope of the Cascades, the Wenatchee Valley along the river of the same name at its junction with the Columbia, Entiat Valley, Lake Chelan, Okanogan Valley and Methow Valley, a district extending about 150 miles north and south, the irrigated lands in ribbon-like stretches and benchlands along the streams—50,000 acres of which are under irrigation. The Wenatchee District, served entirely by the Great Northern Railway, boasts a total of 2,981,505 fruit trees. More than 70,000,000 feet of lumber were used this year in the manufacture of apple boxes to hold the enormous yield of these trees. The magnitude of such figures as these serves well to bring forth the real importance of this great industry in Washington.

## **Scientific Methods and Climatic Advantages**

Apple growing is a specialized business with the Wenatchee people, many of them devoting their entire time to the industry. They have taken a commanding lead in scientific apple

raising. From early spring until the crop is harvested, careful and scientific methods are used to insure thousands of perfect apples, matchless in texture and flavor, and a beauty of coloring unsurpassed in any part of the world. The yield per acre is very high—ranging from 300 to 1,000 boxes. The Wenatchee District enjoys natural advantages also—even temperatures, freedom from the spring frosts and the favorable elements of the soil have all helped to make the Wenatchee apples world-famous.

### **Wenatchee, Washington**

The City of Wenatchee, Washington, "Apple Capital of the World," is a thriving metropolis of 12,000 people. Practically all the apples of the Wenatchee District are shipped from here. In 25 years it has grown from a small village to its present size and the assessed valuation of the surrounding territory from \$2,000,000 to \$52,000,000. Each year the city holds an Apple Festival and an Apple Queen is chosen with elaborate exercises in honor of this great Washington industry.

## Many Varieties of Apples in Wenatchee District

Three thousand growers qualify in the production of such popular and well-known apples as the Delicious, Winesap, Spitzenberg, Stayman, Jonathan, Rome Beauty, Winter Banana, Yellow Newton and White Pearmain. Here follows a short description of a few of the apples named and their individual qualities and characteristics.

*Delicious*—This is the most popular eating apple, its flavor being mild and sweet. In color it is red with irregular streaks of yellow.

*Winesap*—A dark red apple. Has splendid keeping qualities and is good for both eating and cooking.

*Stayman*—Is an excellent dessert—fresh or cooking apple and of an attractive reddish color.

*Spitzenberg*—A light red apple of superb eating and cooking qualities, tart in flavor and at its best during the Christmas Holidays.

*Rome Beauty*—A very popular baking apple, of handsome appearance, with tough skin to insure its keeping well.



*Jonathan*—A blood red apple with a crisp, fresh and exhilarating taste.

*Yellow Newton*—This is a firm, long-keeping apple, yellow in color with all-around qualities. It is very popular in England and the Orient.

### A Few Favorite Recipes

The apple is used perhaps more than any other fruit in the preparation of delectable dishes. Of course, it is most frequently eaten raw, but a great many are used in the making of sauces, pies and pastries of various kinds. A few choice recipes are listed here to give you an idea of the many wholesome dishes that may be prepared with their help.

*Recipes by Miss Mona Pratt, Domestic Science Expert of the Rochester Gas and Electric Corporation. From the book, "Apple Dishes," issued by the International Apple Shippers Association of Rochester, New York.*

#### APPLE PIE

##### PASTRY

1½ cups flour	6 tablespoons lard or lard substitute
¾ teaspoon salt	Cold water

Have everything as cold as possible. Sift flour and salt together. Work in shortening. Add water a little at a time until moist enough to roll. Roll on floured board to right size.

### FILLING

4 or 5 tart apples  
1 cup sugar  
 $\frac{1}{2}$  teaspoon cinnamon or nutmeg

1 teaspoon butter  
1 tablespoon flour  
Few grains salt

Line medium-sized pie tin with pastry. Slice apples into same and sprinkle with sugar, cinnamon, flour and salt that have been mixed together. Dot with butter. Moisten edge of crust with water and cover with top crust, press edges together. Bake 35 to 40 minutes; in a hot oven 20 minutes and balance in a moderate oven.

### APPLE FRITTERS

1 cup flour  
2 tablespoons sugar

$\frac{1}{2}$  teaspoon salt  
2 eggs

$\frac{1}{2}$  cup milk  
6 apples

Mix and sift the dry ingredients; add beaten egg yolks and milk. Beat, cut and fold in the beaten whites of eggs. Core and pare apples, cut in round slices. Mix  $\frac{1}{4}$  cup of sugar and 4 tablespoons of lemon juice and let apples stand in this mixture for 1 hour. Dip in batter, fry in hot fat, drain on brown paper and serve with syrup.

### APPLE PUDDING WITH BROWN SUGAR SAUCE

#### APPLE PUDDING

2 cups pastry flour  
4 teaspoons baking powder  
1 teaspoon salt  
2 tablespoons sugar

2 tablespoons butter  
 $\frac{1}{2}$  cup milk  
Apples  
Sugar, cinnamon

Pare and slice apples and place in baking dish and sprinkle over sugar, cinnamon and a little water. Place in oven and while mixture is heating through make batter with flour, etc., as for baking powder biscuits.

With spoon place this batter over the apples and bake in moderate oven about  $\frac{1}{2}$  hour. Serve with brown sugar sauce.

#### BROWN SUGAR SAUCE

2 tablespoons butter  
1 tablespoon flour

1 cup brown sugar  
1 cup water

Melt butter, add flour and sugar. When well mixed, add water gradually, stirring constantly, boil 5 minutes.

#### APPLE AND CELERY SALAD

$1\frac{1}{2}$  cups tart apples (small cubes)    $1\frac{1}{2}$  cups celery cut in small pieces  
 $\frac{1}{2}$  cup pecans cut in small pieces

#### DRESSING

$\frac{1}{2}$  teaspoon salt  
1 teaspoon mustard  
 $1\frac{1}{2}$  tablespoons sugar  
Few grains cayenne  
 $1\frac{1}{2}$  tablespoons flour

2 egg yolks  
 $1\frac{1}{2}$  tablespoons melted butter  
 $\frac{3}{4}$  cup milk  
 $\frac{1}{4}$  cup vinegar

Mix dry ingredients, add beaten yolks of eggs, milk and melted butter. Cook in double boiler, stirring constantly until thick and smooth. Remove from fire, stir in vinegar slowly. Set away to cool. Two tablespoons of olive oil may be added, if desired, when dressing is cold. Add slowly.

Mix the above dressing with the apples and celery lightly. Place on crisp lettuce leaves and serve very cold.

## APPLE DUMPLING

2 cups flour	3 tablespoons shortening
3½ teaspoons baking powder	¾ cup milk
½ teaspoon salt	6 apples

Mix dough as for biscuits, pat or roll into sheet  $\frac{1}{4}$ -inch thick. Cut dough into pieces large enough to cover apple. Pare and core apples, fill center with raisins, jelly, or sugar with lemon juice and spices; place apple in middle of dough and press edges together. Place on floured tin and bake in moderate oven until apples are tender. Serve hot with creamy sauce.

## APPLE GLACE WITH MARSHMALLOWS

Make a syrup of a cup each of boiling water and granulated sugar; in this cook 6 or 7 apples, cored and pared; turn the apples often with a skewer; remove them to a baking dish as they are done; baste with the syrup and dredge generously with sugar; set into a hot oven to glaze them. Remove to a serving dish with a spatula; pour the syrup from the two dishes around the apples and when cooled slightly press 1 or 2 marshmallows into the center of each. Serve with or without cream. The apples may be cooked early in the day and reheated, when the marshmallows should be added just before serving.

## APPLE TURNOVERS

Roll out some good pie crust in a circle. Slice a tart apple very thin and lay in the center. Sprinkle plentifully with sugar, season with a little cinnamon, nutmeg or caraway as preferred; bring the edges of the crust together, pinch tightly, and lay in a greased

saucer or pie tin, the pinched place underneath. Prick a small pattern for a vent on top and bake in a moderate oven.

### APPLE TAPIOCA

Wash and soak  $\frac{1}{2}$  cupful tapioca overnight; drain. Add  $2\frac{1}{2}$  cups boiling water and cook in double boiler until clear. Core and pare 6 tart apples, place in buttered pudding dish; sprinkle top and cavities with  $\frac{3}{4}$  cupful sugar. Pour over tapioca and bake in moderate oven until apples are soft. Serve with sweetened cream.

### Apples Essential to Health

The health-giving and medicinal values of the apple are known everywhere. Here is a combination of refreshing acids and juices that is highly stimulating to your vigor and vitality. One of the oldest prescriptions of health and beauty is a very simple one—"eat a ripe apple (followed by a glass of water) just before retiring." Doctor Barnard, former Chairman of the Food Division of the American Chemical Society, says: "An apple eaten in the evening will mechanically and chemically clean the teeth and protect them from the bacterial ravages during the night when the most damage is done."

## Apple Highlights

October 31st to November 6th, inclusive, has been designated as "National Apple Week." The purpose of National Apple Week is to call attention to the importance of apples as an article of every-day use for food. Apples are produced in practically every state in the Union and are a very commonplace and popular article of food.

The total apple crop of the United States this season is estimated at 149,000,000 bushels and the commercial crop at 89,000,000 bushels. The State of Washington will produce this year almost one-third of the commercial apples of the United States, or 25,000,000 bushels.

The Wenatchee District will have a little more than one-half the total crop of the State of Washington. Wenatchee's apples are all packed and marketed in boxes of 50 lbs. each, carefully graded, of uniform size and selected for color and perfection and each apple wrapped in paper.

The Wenatchee District in Washington includes the Wenatchee Valley, Lake Chelan, Methow Valley, Okanogan Valley and lands along the Columbia River, altogether 45,000 acres of bearing orchards.

The Wenatchee District is served exclusively by the Great Northern Railway—production this year is estimated at 18,500 carloads, averaging 756 boxes to the car, or 13,986,000 boxes. Such well-known apples as the Delicious, Spitzenberg, Rome Beauty, Stayman, Winesap, Old Winesap, Jonathan, Winter Banana, Yellow Newton are the leading varieties produced in the Wenatchee District.

Other prominent apple-growing districts served by the Great Northern Railway are in the Spokane Valley, Kettle Falls Valley and White Salmon Valley.

Only apples of superior quality made it possible to develop the land by irrigation, grow the orchards, and attain the present standing of Wenatchee apples in the world markets, all in the short time of 27 years.

In 1902 there were shipped from the Wenatchee District two carloads of apples. This has increased yearly and in 1932 about 20,000 cars were required to ship the Wenatchee District crop.

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select the*

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