



Nutritious, Delicious, Wisconsin!

APPLE TXIV EV PAUM



Red Delicious



Golden Delicious



Honeycrisp

Gala



HMooB Varieties

- Gala
- Honeycrisp
- Red Delicious
- Golden Delicious

CULTURE & CONNECTIONS

Whole **apples** are often used as decorations during HMooB soul calling (Hu Plig) and blessing ceremonies (Khi Tes), along with other fruits like oranges and bananas. Apples are arranged in metal trays or bowls with items like boiled eggs, cookies, and candy. After the ceremony, these foods are shared with guests as a symbol of good fortune. Apples can also be used instead of papaya in papaya salad.



PREPARATION

Store: Keep apples in the refrigerator crisper drawer. Store them in a plastic bag with small holes or wrap them in a damp paper towel to help them stay fresh for months. You can also freeze or can apples for later use.

Prepare: Rinse with cold water and gently rub to clean. You can eat the peel or remove it. Remove the stem and seeds, then cut into bite-sized pieces.



Taste: Apples are crisp, crunchy, and mildly sweet. Try them with chili pepper dip for a sweet and spicy snack.



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