



**WELCOME TO THE BC AMBROSIA APPLES NEWSLETTER** - May 2016



### **Baby Apples**

It's an exciting time in the orchards right now. The pretty pink blossoms have fallen away and [tiny little fruitlets](#) are starting to grow. You have to get close to see the magic happening because the little green nubs are less than an inch big. These are apples in the infant stage. In 4 - 5 months they'll be big, beautiful Ambrosia ready for

harvest.



### **Preserving Ambrosia**

You may have noticed that Ambrosia are a little harder to come by these days as last season's stock runs low. Why not grab the last of your local Ambrosia and start preserving? You could try dehydrating, freezing or canning them now before they're gone. The easiest of these options is freezing. Simply wash, dry and core (or slice) the apples and pop them in a freezer bag. Some people like to give them a salt bath beforehand but it's optional. Do your freezing now and you'll have Ambrosia apples for [baking, soups and sauce](#) all through the summer!



### **Healthy Apple Skin**

We're looking forward to a summer of sunshine but the change in the season also has us thinking about keeping our skin healthy. You've likely heard of collagen - it's what makes our skin strong and smooth - but did you know that vitamin C helps the body produce collagen? Apples are loaded with vitamin C. They're also rich in vitamin A which helps the skin regenerate. And finally, apples are a source of copper which creates melanin, a valuable protector against sun damage. All of these skin health benefits are packed into the humble apple. We bet eating an Ambrosia a day is the most delicious part of your beauty routine.



Twitter is one of our favourite places to connect with Ambrosia fans. Here are few of the choice tweets from this past month.

@felia\_lyaaz: Another addition to my "Things I Fancy List": Ambrosia Apples 🍏💕 Oh my. So crisp, so sweet. I'm hooked! 😋

@xtinytoadx: What fruit do you eat the most often? -- Ambrosia apples. The best...

@flamablecharlie: @AgentAnia Is done! Mandolin sliced Ambrosia apples, Lemon brined, caramelized in butter, sugar, and cinnamon.

@cee\_lo\_lees: I remember really enjoying an apple while driving home yesterday, and saying "you're my am-bro, ambrosia"

And, when asked if you could only eat one thing for the rest of your life, what would it be? @\_xxLEGENDARY replied: Ambrosia Apples. Aw, shucks. Thanks!

Where ever you socialize, we'd love to be connected. Find us on [Twitter](#), [Facebook](#), [Pinterest](#) and [Instagram](#).

---

Know someone who might enjoy this email? [Share it](#) with them.

Did someone share this email with you? [Sign up](#) to receive more of our emails.

New Varieties Development Council | | [candace@sierramarketing.ca](mailto:candace@sierramarketing.ca) | <http://www.ambrosiaapples.com/canada>

