

Don't Peel Those Apples

Though the peak of apple season has passed, it seems that somewhere in the world apples are being harvested with fervor, as many local markets continue to put several varieties of these beauties on sale. In the United States, three-fourths of the apples consumed are eaten fresh, most of the time with peel and all. Yet, in the cool winter months, cravings often turn to warm baked foods that typically call for peeled apples ...

Never one to follow instructions, I have always left the peels on for flavor and hopefully a nutritious boost. For me, a freshly baked Fruit Crisp just isn't the same without the wholesome goodness of the entire fruit.

Luckily, it seems that my instincts and taste buds may have been on to something, as a recent study stated that apple peels contain approximately a dozen cancer-fighting compounds.

Researchers at Cornell University published a study in the Journal of Agricultural and Food Chemistry on the benefits of triterpenoids in apple peels. This collection of compounds seemed to have strong anti-proliferative activities against liver, colon and breast cancer cells.

Unfortunately, the Environmental Working Group has given apples the not-so-honorable second place award for the highest concentration of pesticides among a large selection of produce (even after proper washing). While it can certainly cost a bit more, organic apples are a good bet for overall health, peel and all.

Photo credit: Wikimedia Commons