



## Greenmarket Recipe Series

**Natural  
Gourmet  
Institute**

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### **HOMEMADE APPLE SAUCE WITH GINGER**

Recipe by Natural Gourmet Institute

YIELD: 6-8 SERVINGS

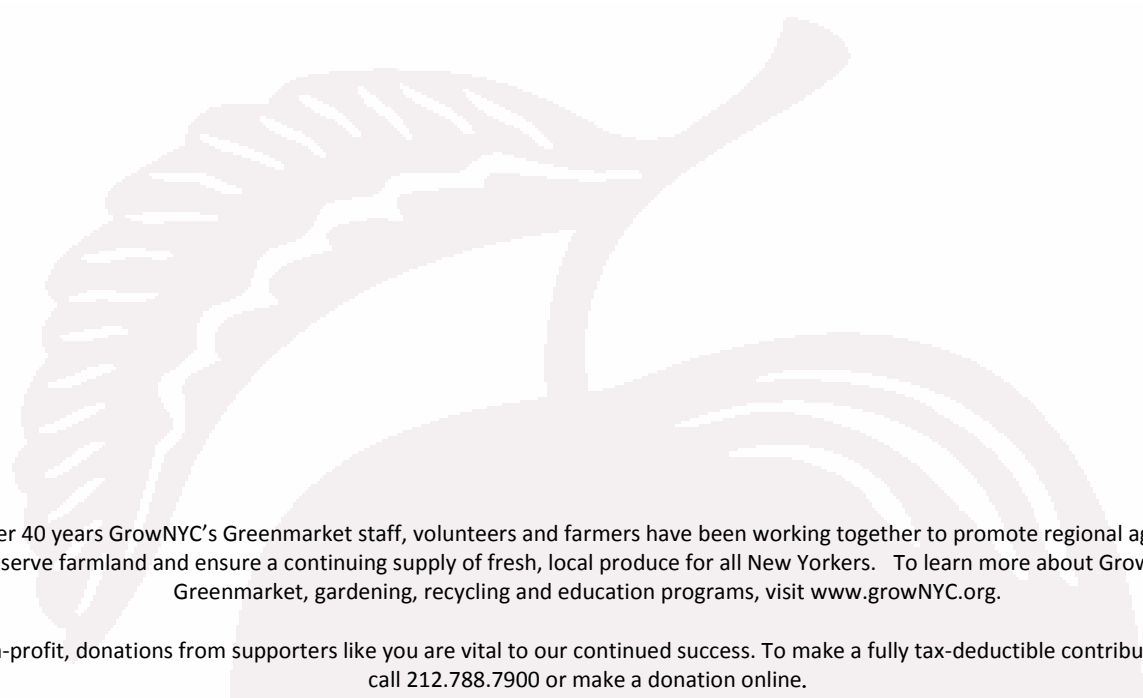
**Ingredients:**

- 4 pounds apples (about 8 large apples), like MacIntosh, Cortland or Jonathan,\* peeled, diced
- 1 inch fresh ginger, peeled, finely grated\*
- 1 cup apple juice or cider\* (water can substituted as well)
- 2 tablespoons honey\*
- Pinch of sea salt

*\*Ingredients available seasonally at your neighborhood Greenmarket*

**Procedure:**

1. Combine all ingredients in a large pot. Cover and bring to a boil. Simmer, uncovered, until apples are very tender and mushy, stirring occasionally, about 20 minutes.
2. Using a potato masher or spoon, mash apples until smooth.
3. Let apple sauce cool completely before transferring to airtight jars. Sauce will keep in the refrigerator for up to 1 week.



For over 40 years GrowNYC's Greenmarket staff, volunteers and farmers have been working together to promote regional agriculture, preserve farmland and ensure a continuing supply of fresh, local produce for all New Yorkers. To learn more about GrowNYC's Greenmarket, gardening, recycling and education programs, visit [www.growNYC.org](http://www.growNYC.org).

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