

# Apple country South Tyrol



Apfel - Consortium - Mela

**SÜDTIROL**





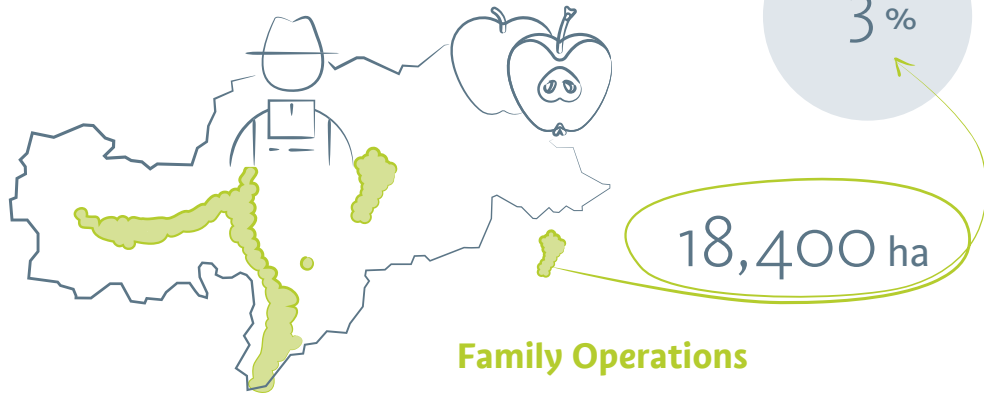
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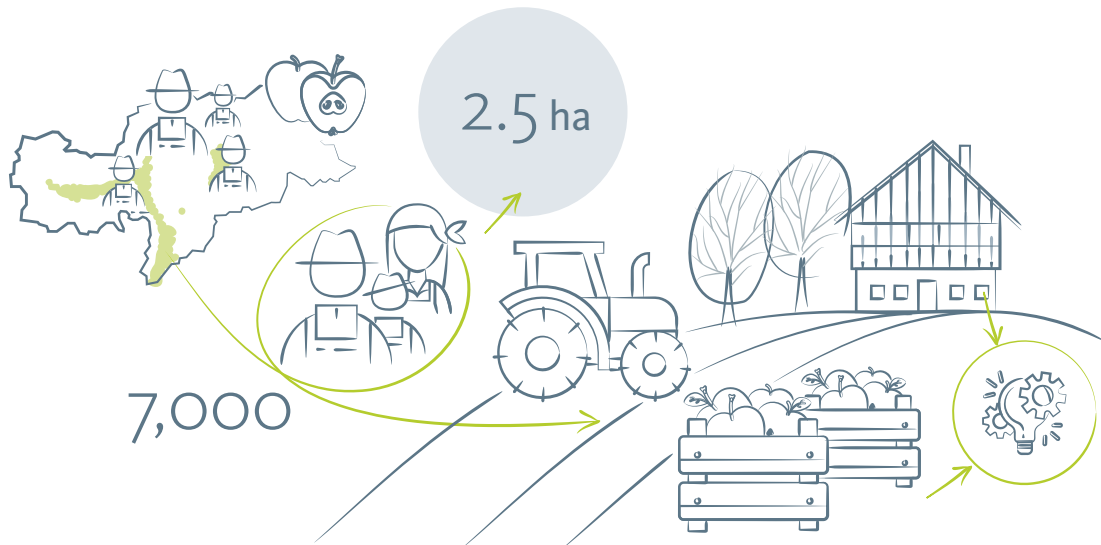
### Apple Growing

In South Tyrol, apples are grown on 18,400 hectares (45,500 acres). That represents approximately 3% of the total area of South Tyrol. The remainder is mountains, forests, meadows, pastures, and inhabited areas.



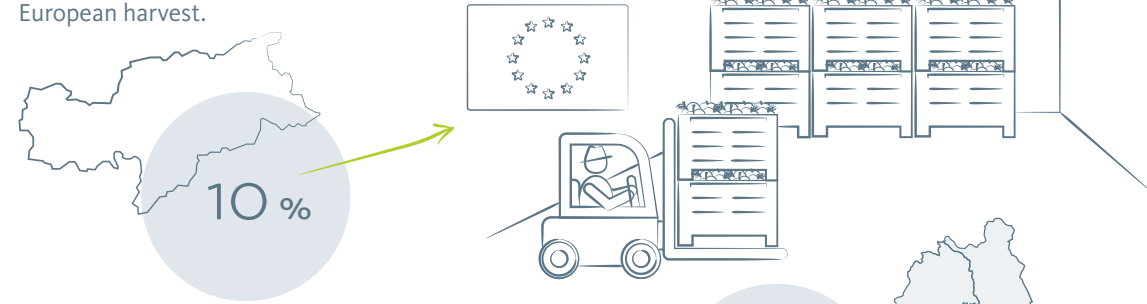
### Family Operations

There are more than seven thousand apple growers in South Tyrol. Each farmer tends an average of 2.5 hectares (6.2 acres). Most of the orchards are family operations.

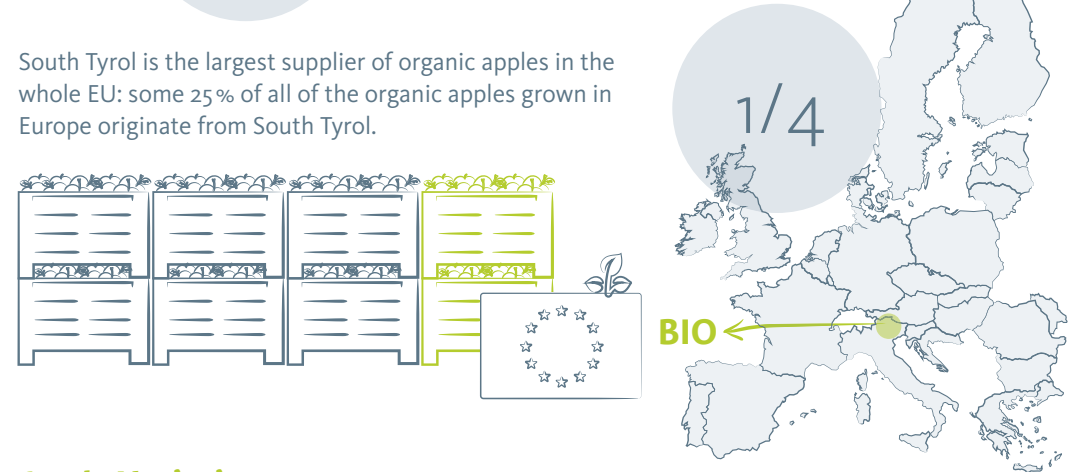


### Apple Harvest

Approximately one million metric tons of apples are harvested every year in South Tyrol of the most varied of varieties. That represents 10% of the entire European harvest.



South Tyrol is the largest supplier of organic apples in the whole EU: some 25% of all of the organic apples grown in Europe originate from South Tyrol.

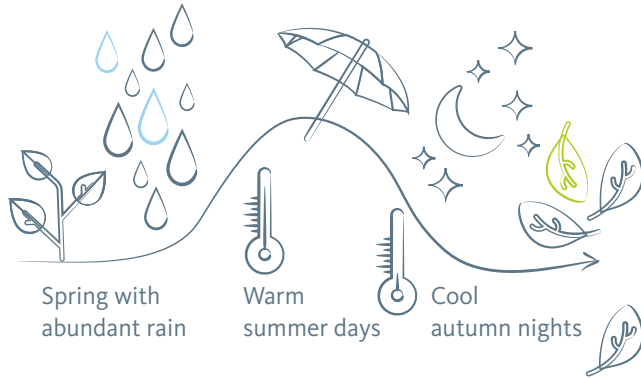


### Apple Varieties

There are thirteen varieties of apple that may carry the European designation of origin "Südtiroler Apfel PGI". The designation PGI stands for "Protected Geographical Indication" and is a seal of approval for the tested quality and origin of apples from South Tyrol.



## Alpine-Mediterranean climate



## Precipitation

800 mm  
per year

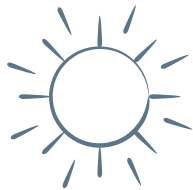
In very warm, dry months, the fruitgrowers have to provide additional irrigation to their trees.



## Sun

300 days  
2,000 hours  
per year

The fruit takes on its special inner and outer quality from the many hours of sunshine.



...during the blossoming period in the spring, so-called "frosty nights" may occur.

## Location

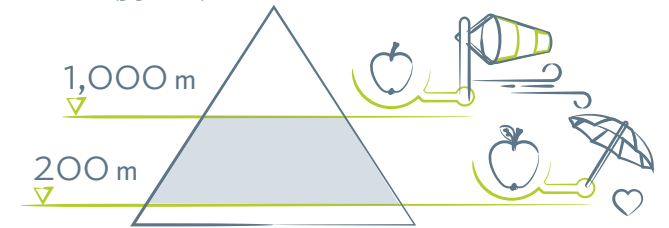
South Tyrol is the northernmost province of Italy and is situated at the border of Italy, Austria, and Switzerland.



## Elevation

200-1,000 m  
(600-3,300 ft.) above sea level

Every variety has its preferred location – some want the heat of the valley, others thrive on the rugged cold above 1,000 m (3,300 ft.)



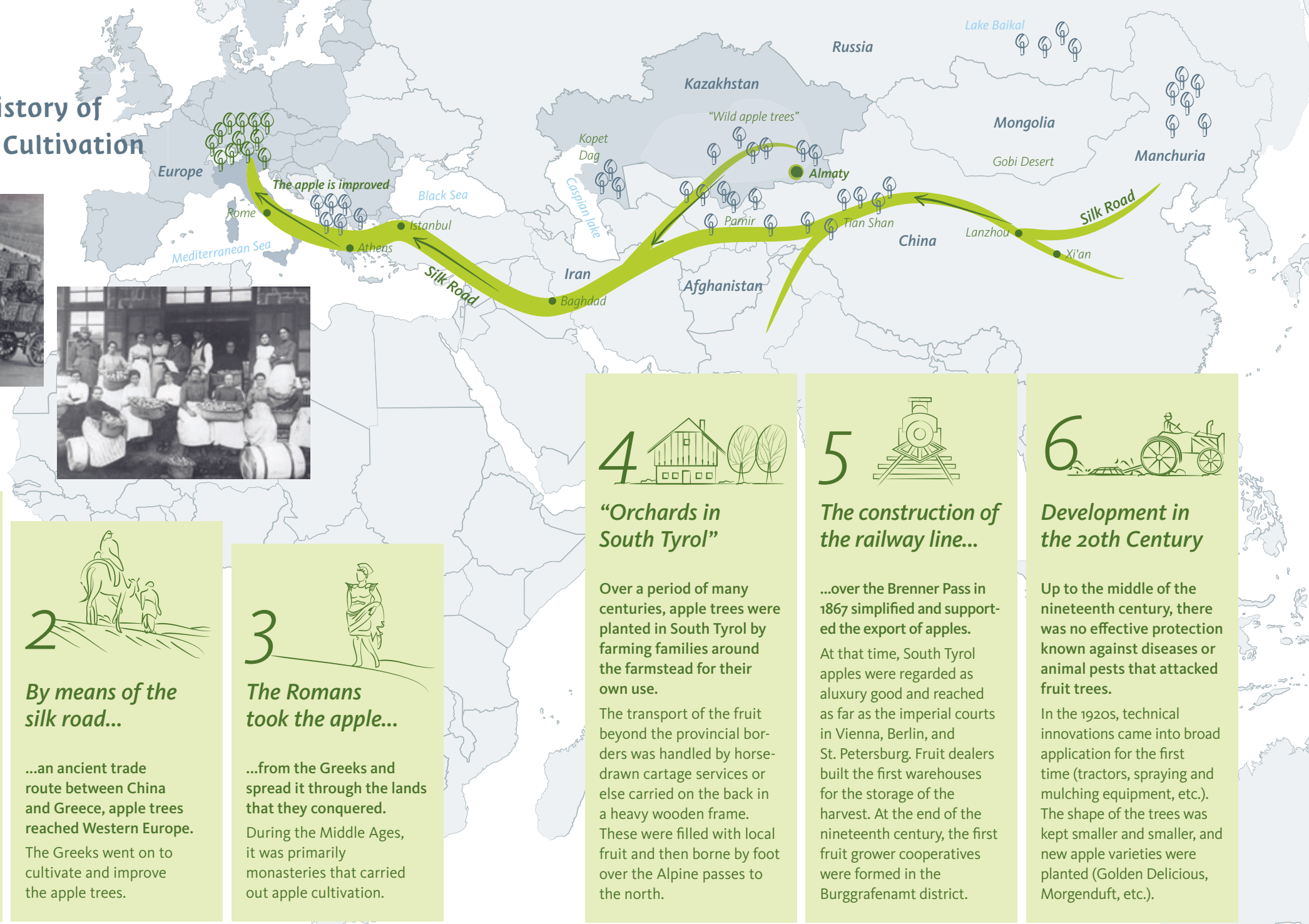
## Frost-protection sprinkling

< 0° Celsius  
Frosty nights in spring



If the nighttime temperature sinks below 0° Celsius (32° Fahrenheit), fruitgrowers will sprinkle their trees with water so that the water will freeze and encase the blossoms in a layer of ice. Once frozen, heat is generated inside the ice layer (the heat of crystallization as the water passes from liquid to solid) and the temperature can no longer drop below the freezing point. As a result of this, the blossoms remain free from damage and a loss in quality or even a failure of the harvest can be avoided.

## The History of Apple Cultivation



1



### The first apple trees...

...developed in Kazakhstan.

There are still forests there today with "wild apple trees". The former capital Almaty, which was once known as Alma-Ata, means "father of apples" in the Kazakh language.

2



### By means of the silk road...

...an ancient trade route between China and Greece, apple trees reached Western Europe.

The Greeks went on to cultivate and improve the apple trees.

3



### The Romans took the apple...

...from the Greeks and spread it through the lands that they conquered.

During the Middle Ages, it was primarily monasteries that carried out apple cultivation.

4



### "Orchards in South Tyrol"

Over a period of many centuries, apple trees were planted in South Tyrol by farming families around the farmstead for their own use.

The transport of the fruit beyond the provincial borders was handled by horse-drawn cartage services or else carried on the back in a heavy wooden frame. These were filled with local fruit and then borne by foot over the Alpine passes to the north.

5



### The construction of the railway line...

...over the Brenner Pass in 1867 simplified and supported the export of apples.

At that time, South Tyrol apples were regarded as a luxury good and reached as far as the imperial courts in Vienna, Berlin, and St. Petersburg. Fruit dealers built the first warehouses for the storage of the harvest. At the end of the nineteenth century, the first fruit grower cooperatives were formed in the Burggrafenamt district.

6



### Development in the 20th Century

Up to the middle of the nineteenth century, there was no effective protection known against diseases or animal pests that attacked fruit trees.

In the 1920s, technical innovations came into broad application for the first time (tractors, spraying and mulching equipment, etc.). The shape of the trees was kept smaller and smaller, and new apple varieties were planted (Golden Delicious, Morgenduft, etc.).

## The Work of the Apple Grower throughout the Year

### Spring

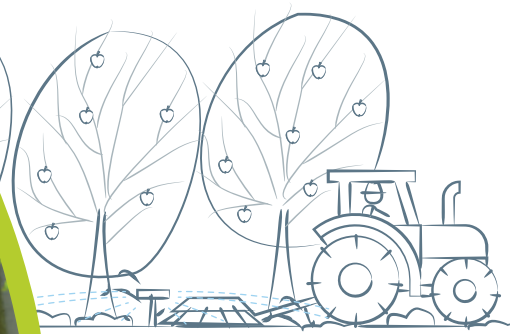
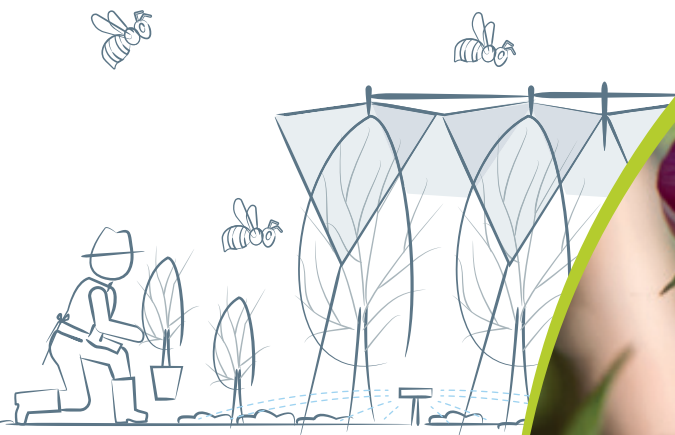
In the spring, at the time when the apple trees blossom, the foundation is laid for a good harvest in the autumn. On one hand, this is the time when apple growers plant young trees in new orchard areas which were raised in nurseries. On the other hand, the trees that are already yielding require the greatest attention. Among the greatest risk factors for the harvest is the weather. Frost and hail are the two events that have the most severe and longest lasting effects upon the harvest yield. The growers therefore attempt to protect their harvest: with frost-protection sprinkling against frost damage, whenever that is possible, and with nets against the hail. The color and the form of the nets are prescribed by law. In the normal case, the nets are stretched out only temporarily, and specifically when the risk is at its highest. In addition, the apple growers work closely with the beekeepers of the region and see to it that sufficient bee populations migrate into the orchards so that the blossoms are adequately pollinated.

- Tree care*
- Planting*
- Apple blossoms*
- Temperature control*
- Frost-protection sprinkling*
- Bee populations*

### Summer

During the summer, the growers inspect the fruit trees regularly for the presence of pests and beneficial insects. Environmentally-friendly pesticides are used as necessary. According to AGRIOS guidelines [the Workgroup for Integrated Fruit Production in South Tyrol], South Tyrol fruit growing makes use only of those pesticides which do not endanger the user and those working in the orchards; which fight against pests but which protect beneficial insects and other forms of animal life; which have little effect upon the environment; and which leave behind little residue. For the care of the trees, the growers also remove surplus or damaged fruit by hand, and shoots that grow too vigorously are trimmed or else tied down. In case of drought, drip irrigation is used. This method of watering is especially thrifty with resources, since the water is applied to the tree close to the soil in drops and therefore only very little of it evaporates. Mulching is also one of the most important tasks for the grower to carry out during the summer. The grass is mown between the rows of trees and then is left to lie as an important source of nutrients for the microorganisms in the soil.

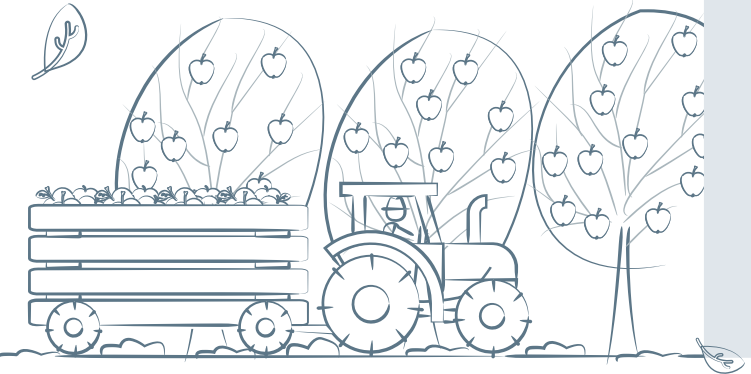
- Pests*
- Tree care*
- Irrigation*
- Mulching*





### Late summer / autumn

Autumn involves the final spurt to the finish: South Tyrol's fruit growers get ready for the harvest. Through the use of a ripeness test, the "internal values" of the apples such as sugar levels, firmness of the flesh, starch breakdown, and acidity are determined and, through the use of these ripeness parameters, the harvest window for each variety is determined. The harvest begins in South Tyrol in mid-August with the Gala variety and concludes with the late-maturing Cripps Pink variety in November. The apples are carefully picked in the traditional manner totally by hand. Most of the time, several rounds are necessary in order for all of the apples to be harvested. After the successful harvest, the grower will take soil samples for soil analysis and then fertilize the orchard plot. If new plots are being planned, then the old trees are cleared, the roots are removed, and the soil is broken up.



Aug  
Nov

Ripeness test  
Harvest  
Soil analysis



### Winter

In the winter, the trees need to be trimmed. The correct trimming of the trees is an important precondition for good quality in the next harvest. The trees are trimmed into a conical shape similar to a Christmas tree. This structure makes a favorable penetration of sunlight possible, which is decisive for good fruit quality and regular yields. Aside from that, time also remains in the winter for fruit growers to attend courses and take part in continuing education.

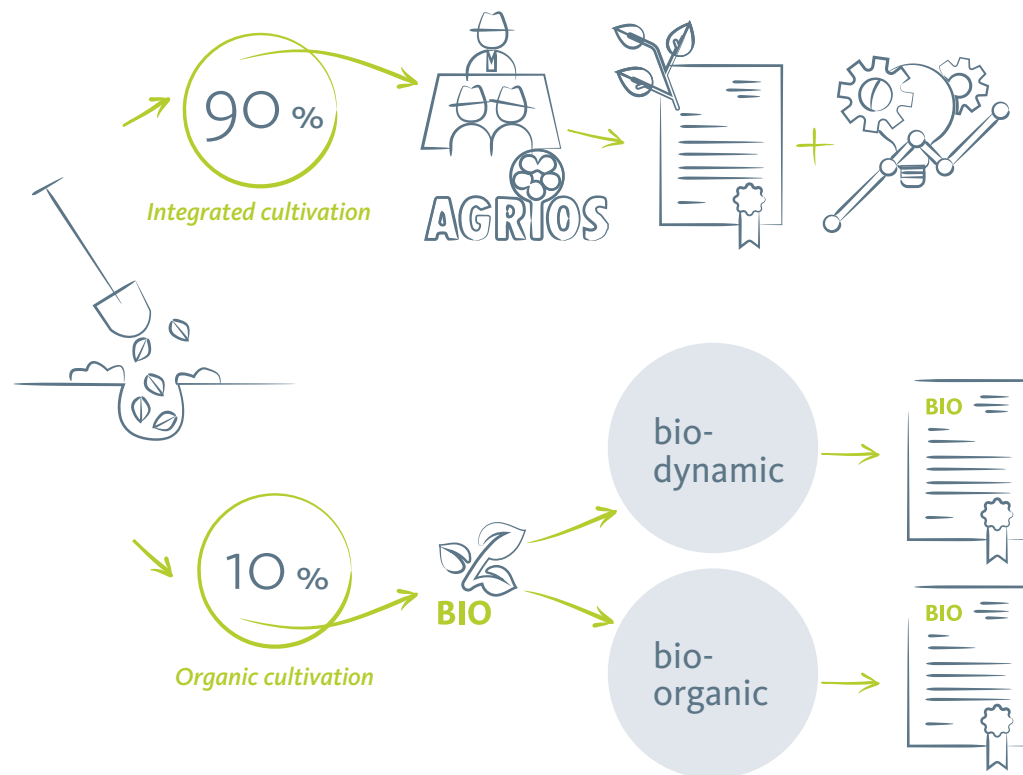
Tree trimming  
Continuing Education

## Apple Cultivation: Integrated and Organic Production

**With South Tyrol fruit growing, a distinction is drawn between integrated cultivation and organic cultivation.**

Both place great emphasis upon the force of nature and upon a natural balance between beneficial insects and pests. But when pests get out of control or there is a danger of fungal diseases, strictly controlled, carefully selected pesticides are used.

The difference lies in the selection of the pesticides that are to be used: organic growers do without chemical or synthetically produced pesticides, and instead they make use of natural or nature-identical pesticides. One of the basic agreements that has been set up by the various fructiculture associations ensures friendly cooperation between growers who produce organic apples and those that grow apples according to integrated guidelines.



### Integrated cultivation

For more than thirty years, South Tyrol has been the leader throughout Europe in integrated cultivation. The strict guidelines of AGRIOS (*the Workgroup for Integrated Fruit Production in South Tyrol*) apply here which, in many areas, are higher than the minimum legal standard.

For example, there are maximum quantities of residues that are defined at the European level. But in order to be certified as AGRIOS conforming, apples may only have half of these maximum quantities of residues that are provided by law. AGRIOS production is characterized by natural measures for care and by a method of operation that protects resources. Among other things, it is emphasized in the guidelines that fruit growers must receive agricultural education and must constantly attend continuing education courses.

They must adhere to a strict selection of pesticides and only use them if there are no longer any other possibilities for the protection of the harvest.



### Organic cultivation

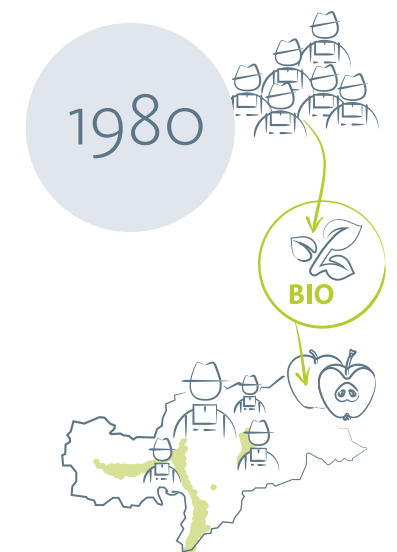
In organic apple cultivation, the distinction is drawn between bio-organic and biodynamic. Both approaches have the same goal: strengthening the sensitive balance of nature. In the 1980s, pioneers began in South Tyrol with fruit cultivation according to organic guidelines. Within that context, two directions formed:

#### Bio-organic cultivation:

This works according to methods that are close to nature and rejects the use of chemical-synthetic pesticides and fertilizers.

#### Biodynamic cultivation:

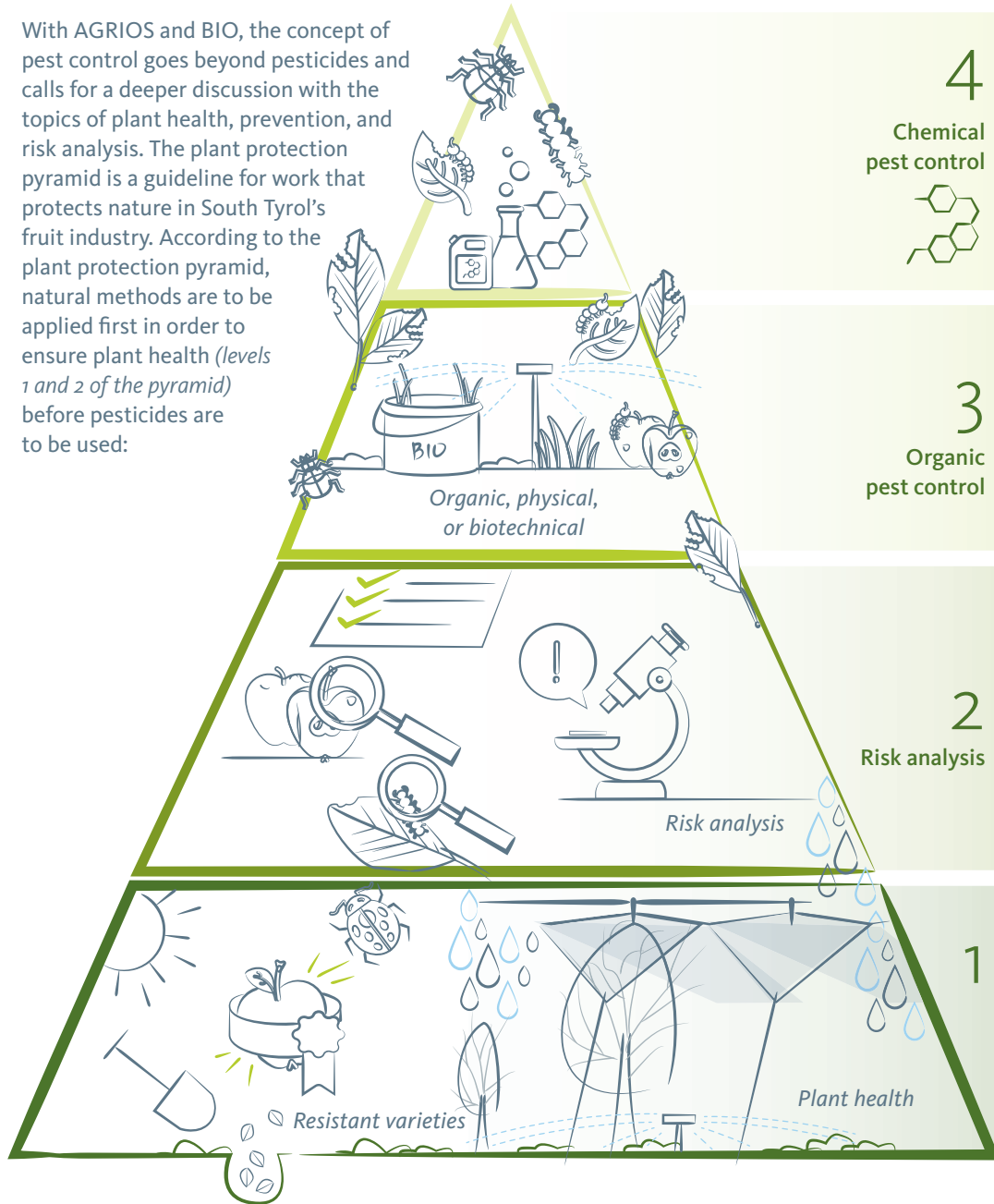
This works according to the same principles. In addition, following the teaching of Rudolf Steiner, every measure is inspected as to whether it fits in the holistic ecosystem. Furthermore, attention is paid to the influence of the heavenly bodies upon the plants and upon the effectiveness of the measures of care.





## Pest control

With AGRIOS and BIO, the concept of pest control goes beyond pesticides and calls for a deeper discussion with the topics of plant health, prevention, and risk analysis. The plant protection pyramid is a guideline for work that protects nature in South Tyrol's fruit industry. According to the plant protection pyramid, natural methods are to be applied first in order to ensure plant health (*levels 1 and 2 of the pyramid*) before pesticides are to be used:



4

Chemical  
pest control



### DIRECT PEST CONTROL

Only if all of the previous steps were not sufficiently effective is chemical plant protection with pesticides to be used.

3

Organic  
pest control

Organic, physical,  
or biotechnical

### CURATIVE PEST CONTROL

If an infestation of pests occurs, it is first of all counteracted with organic, physical, or biotechnical means.

2

Risk analysis

Risk analysis

### MONITORING

If in spite of prevention, plant health cannot be guaranteed, then monitoring systems are used which are to provide early warning of a pest infestation.

1

### INDIRECT PLANT PROTECTION

Cultivation of tolerant/resistant varieties, support of natural enemies, suitable soil preparation, irrigation, crop rotation, etc...

Resistant varieties

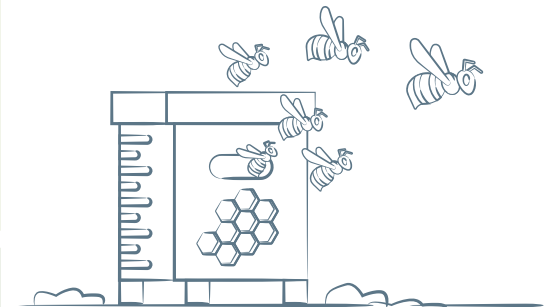
Plant health

1 sq.m



## Biodiversity

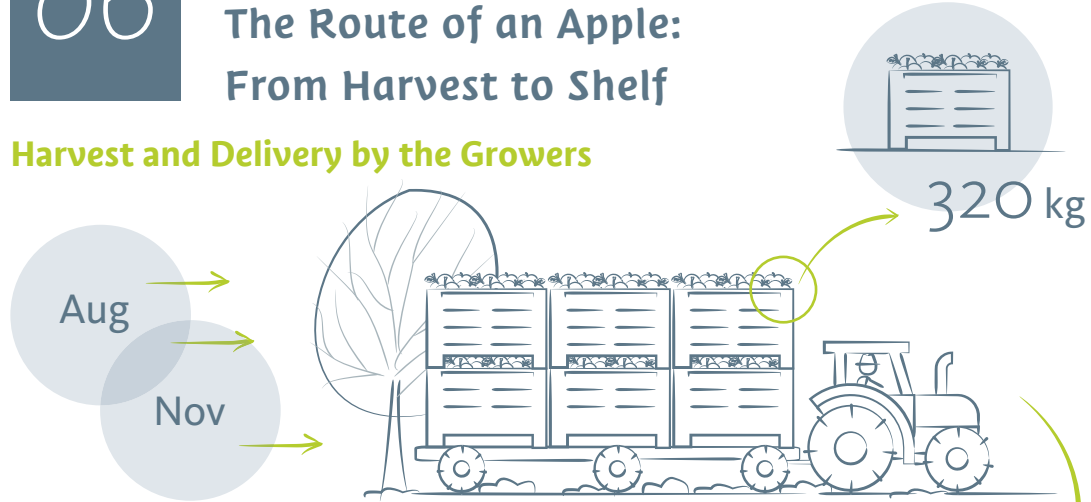
Guidelines with regard to apple cultivation and pest control as well as in both integrated and organic cultivation require biological diversity. Numerous plants and other living things are found in the apple orchards of South Tyrol. In scientific studies from 2014, for example, in one single square meter of fruit orchard (with integrated agriculture) more than four thousand life forms were counted in the soil. The variety of species in the fruit orchards is furthermore supported with irrigation ponds, various species of grasses and flowers in the tractor paths, and structural elements.



In addition, South Tyrol's fruit growers dedicate particular attention to the protection of bees. In South Tyrol, there is a broad assortment of apple varieties as well as numerous other types of fruits such as apricots, cherries, pears, etc. Added to that are other agriculturally productive lands such as winegrowing. On top of that, numerous grasses, flowers, and herbs grow between the apple trees.

# The Route of an Apple: From Harvest to Shelf

## Harvest and Delivery by the Growers



The harvest begins in the middle of August with the Gala variety and finishes in November with the club apple Cripps Pink (Pink Lady®). Every variety has to be harvested at the correct point in time of maturity in order to guarantee the quality and the capability for storage.

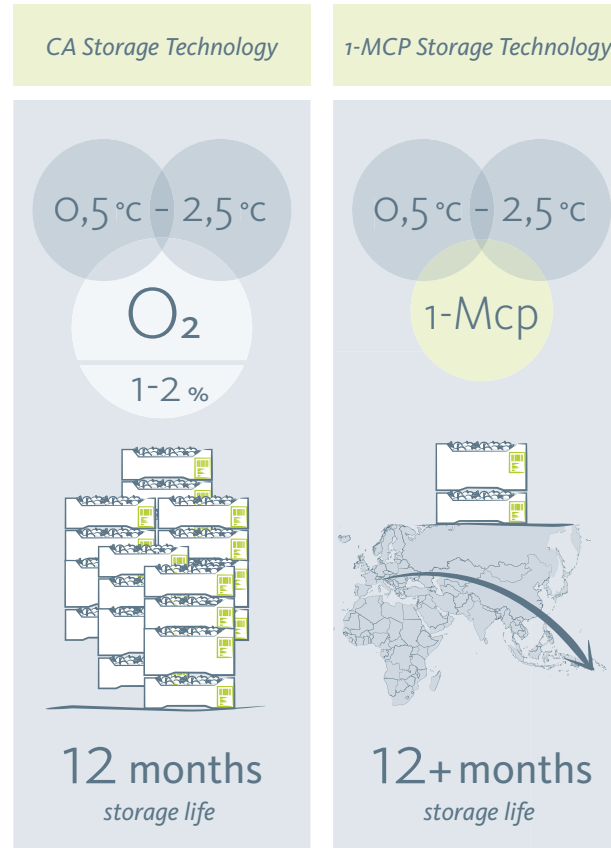
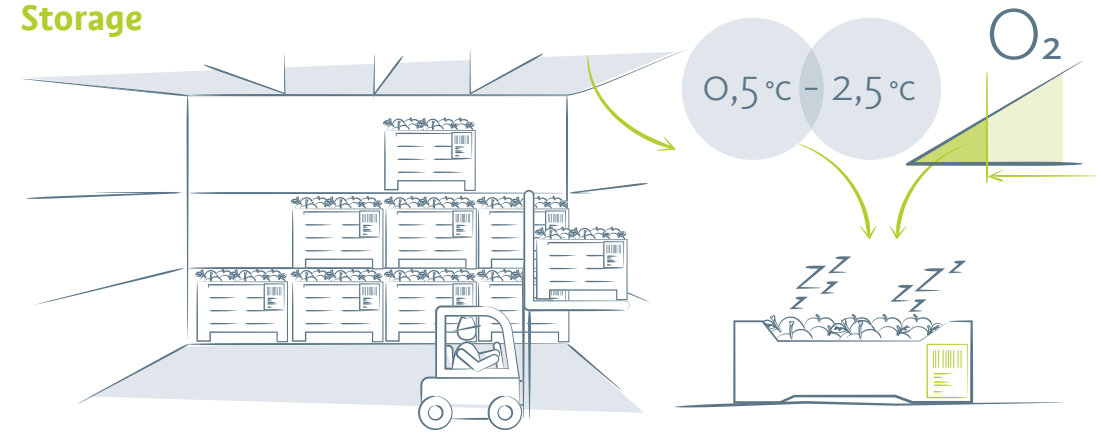
The apples that have been picked are placed in large crates (with a capacity of approximately 320 kg/700 lb. per crate), which are then delivered by tractor to the marketing organizations and kept in cold storage cells.



*The harvest takes place manually, that is, every single apple is picked by hand by a grower or a harvest hand (often students, seniors, or seasonal labor). A variety of machines such as forklifts, harvest platforms, picking catcher baskets, etc. make the physical labor easier.*



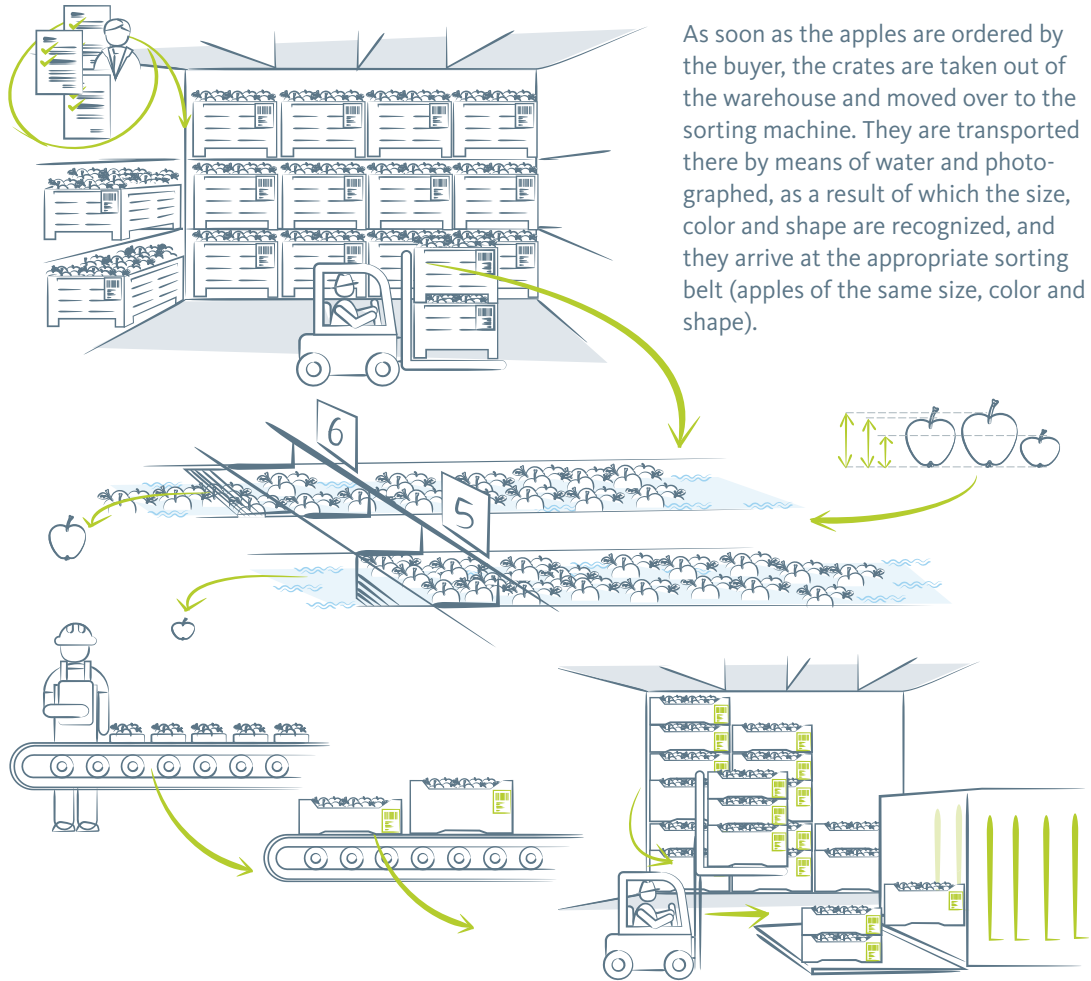
## Storage



Finally, the apples are stored in cold storage cells (temporary storage or high-bay warehouse) at approximately four degrees Celsius [39 degrees Fahrenheit] and with greatly reduced oxygen. Under these conditions, the ripening process of the apples is slowed, and they go into a sort of hibernation. This preserving dormancy is maintained until the removal from the cold storage cells.

With the **controlled atmosphere storage technology (or CA)**, apples can be stored harvest-fresh for up to twelve months. There are also other storage technologies which slow the ripening of the apples after harvest and, in so doing, make them last longer. With the so-called “**1-MCP storage technology**”, the apples are treated with the gas 1-methylcyclopropene, which suppresses the effect of the natural ripening gas of the apple, ethylene. This storage technology does not leave any residue on or in the apple and is applied if apples are to be transported to very distant countries.

## Sorting and Traceability



As soon as the apples are ordered by the buyer, the crates are taken out of the warehouse and moved over to the sorting machine. They are transported there by means of water and photographed, as a result of which the size, color and shape are recognized, and they arrive at the appropriate sorting belt (apples of the same size, color and shape).

The sorted apples are returned to large crates, they are finally packed as desired, and then transported to the customer. A barcode that is directly affixed to the large crates with delivery guarantees the traceability of the apples. As a result of these strict controls and documentation, every apple can be traced back to the individual growers. The fruit cooperative arranges for the quality control of the goods: the apples have to have a uniform size, shape, and color that is typical to the variety, they are tested for residues, and they are subsequently directly labeled so that their traceability is always guaranteed.



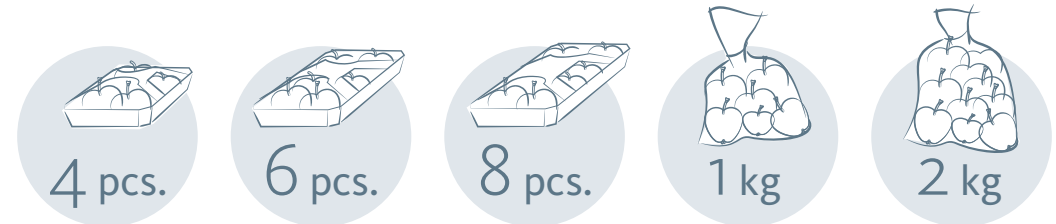
After being removed from the cold storage cells, the apples are sorted by size, color, purity of peel, and flaws. Before packing, they are washed with drinking water and brushed.



What happens in the fruit cooperative?



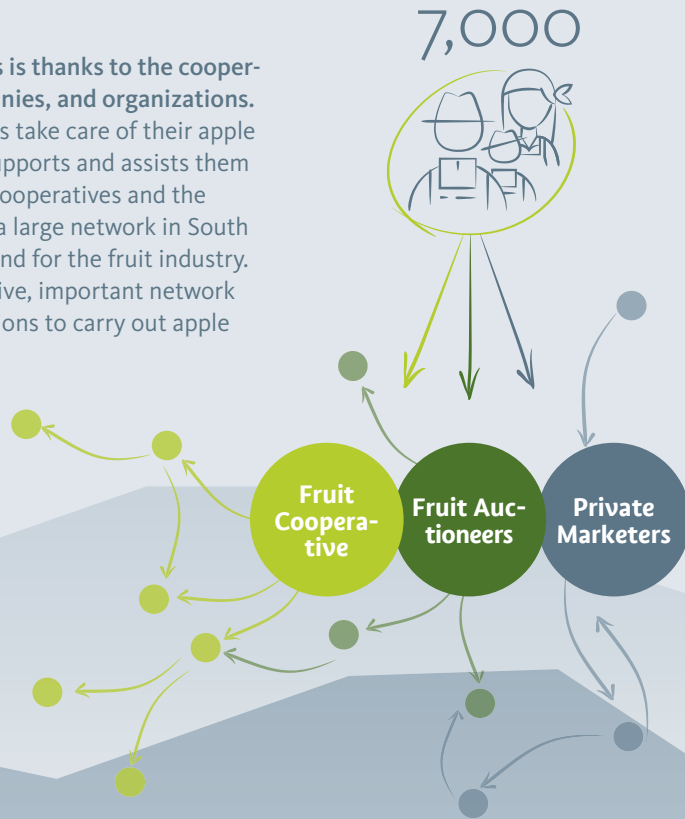
Different packing sizes are available on the market. Smaller quantities are packed in fruit trays with four, six, or eight apples each. Larger quantities are packed in bags of one to two kilograms and cartons of two to twelve kilograms.



## The South Tyrolean Apple Industry at a Glance

### Cooperative system

The success of South Tyrol apples is thanks to the cooperation of many individuals, companies, and organizations. Over seven thousand farm families take care of their apple orchards. A cooperative system supports and assists them along the way. In addition to the cooperatives and the marketing organizations, there is a large network in South Tyrol of institutions that work in and for the fruit industry. Only with the help of this innovative, important network is it possible for the family operations to carry out apple cultivation at the highest level.

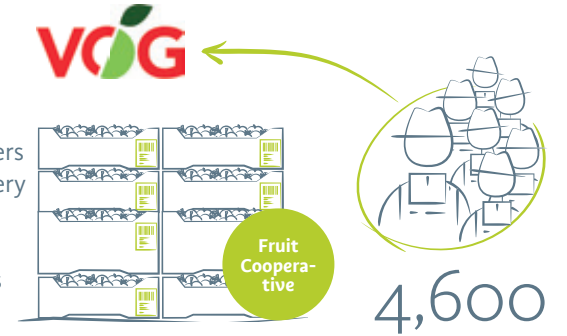


### South Tyrol Apple Consortium

The South Tyrol Apple Consortium, which was founded in 2000, is the umbrella organization of all of the apple marketing organizations that are active in the fruit industry in South Tyrol. Its main task is the representation of interests as well as the activity as the Protection Consortium for the brand name that is recognized by the EU, Südtiroler Apfel PGI. The members of the South Tyrol Apple Consortium are VOG, VI.P, Fruttunion, and the South Tyrol Fruit Auctioneers.

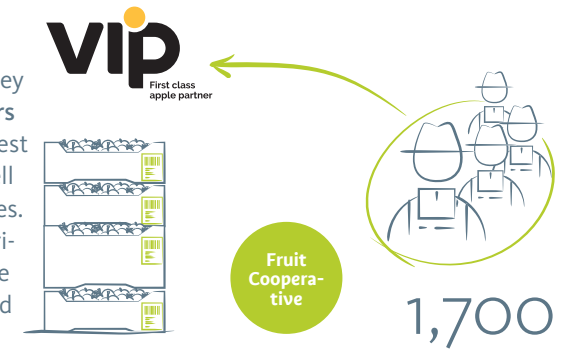
### VOG

The VOG (Association of South Tyrol Fruitgrowers Cooperatives), which was founded in 1945, is Europe's largest marketing organization for apples. Some 4,600 fruit growers produce over 600,000 metric tons of apples every year and market them under the brand names Südtiroler Apfel PGI and Marlene®. The VOG also offers a selection of club varieties and organic apples under the brand names Biosüdtirol and Bio Marlene®.



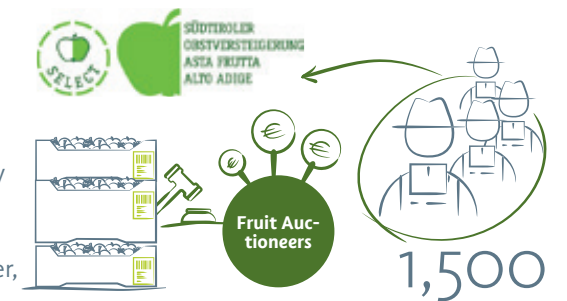
### VI.P

The producer organization VI.P (Vinschgau Valley Producers) unites more than 1,700 fruit growers from the Vinschgau Valley. The members harvest 320,000 metric tons of apples every year as well as berries, apricots, cherries, and also vegetables. The brand name Val Venosta guarantees the origin of the products from a region with favorable conditions for apple cultivation. This is reflected by the high percentage of organic production.



### South Tyrol Fruit Auctioneers

The South Tyrol Fruit Auctioneers represent the merger of the Fruit Auctioneers EGMA Vilpian/Vilpiano, Sigmundskron/Ponte d'Adige, and Unterland Valley. Approximately 1,500 apple producers bring their fruit to the three company headquarters in Vilpian, Sigmundskron, and the Unterland Valley. During the harvest time from the middle of August until the middle of October, these are sold to the highest bidder.

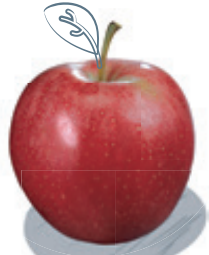


### Fruttunion

The Fruttunion is the South Tyrol association of fruit and vegetable wholesalers dealing with both exports and imports. It represents the interests of members with various marketing activities at tradeshows and exhibitions.

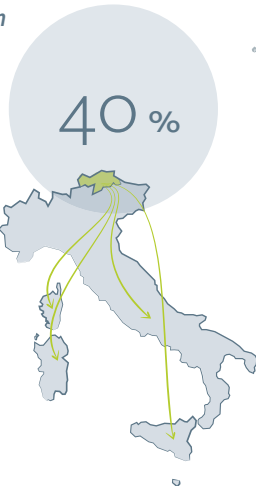


# Worldwide Marketing



The South Tyrol apple is *the first and most important export product from South Tyrol.*

Every year, South Tyrol markets its apples in *more than sixty countries throughout the world.* The main market for the sale of South Tyrol apples is *Italy, with an average of 40% of production.*



**Important export markets are...**  
 ...Spain, Germany, and the Scandinavian countries. An important market that has already been up and coming for years is the Arab and North African countries. But South Tyrol apples are also selling well in especially exotic countries, including Qatar, Sri Lanka, the Maldives, Mongolia, and Ethiopia.

## Varieties, Club Apples, and Brands

Many different varieties are cultivated in South Tyrol. Within that context, every variety has its preferred location – some want the heat of the valley, others thrive in the rough winds above 1,000 meters (3,300 feet). The various institutions in the South Tyrol apple industry are constantly searching together for new, innovative, and interesting apple varieties.

### PROTECTED GEOGRAPHICAL INDICATION

Only those apples that meet the following conditions may carry the designation of origin:

- 1 Proven connection between the origin, special quality, and tradition of the product
- 2 Interest community as the sponsor (South Tyrol Apple Consortium)
- 3 Origin, processing, and production must take place in South Tyrol
- 4 Environmentally-friendly method of production (integrated/organic)
- 5 High quality standards for size, color, and sugar content
- 6 Independent inspection authority



#### GALA

*Flavor:* crispy-firm, not so tart  
*Marketing:* September to late March



#### GOLDEN DELICIOUS

*Flavor:* juicy, sweet-aromatic  
*Marketing:* mid-October to August



#### FUJI

*Flavor:* crispy-firm, juicy, very sweet  
*Marketing:* early October to May



#### GRANNY SMITH

*Flavor:* firm, tart, juicy  
*Marketing:* October to May



#### RED DELICIOUS

*Flavor:* firm, juicy, sweet, aromatic  
*Marketing:* late September to May



#### BRAEBURN

*Flavor:* very crispy, juicy, sweet-tart  
*Marketing:* mid-October to late May



#### TOPAZ

*Flavor:* sweetly tart, aromatic, juicy  
*Marketing:* December to April



#### MORGENDUFT

*Flavor:* firm, sweetly tart  
*Marketing:* November to June



#### STAYMAN WINESAP

*Flavor:* very juicy, crispy-firm, sweetly tart  
*Marketing:* mid-October to June



#### PINOVA

*Flavor:* very aromatic, firm, crispy  
*Marketing:* mid-January to June



#### IDARED

*Flavor:* juicy, finely tart  
*Marketing:* mid-October to mid-June



#### JONAGOLD

*Flavor:* juicy, aromatic, sweetly tart  
*Marketing:* late September to June

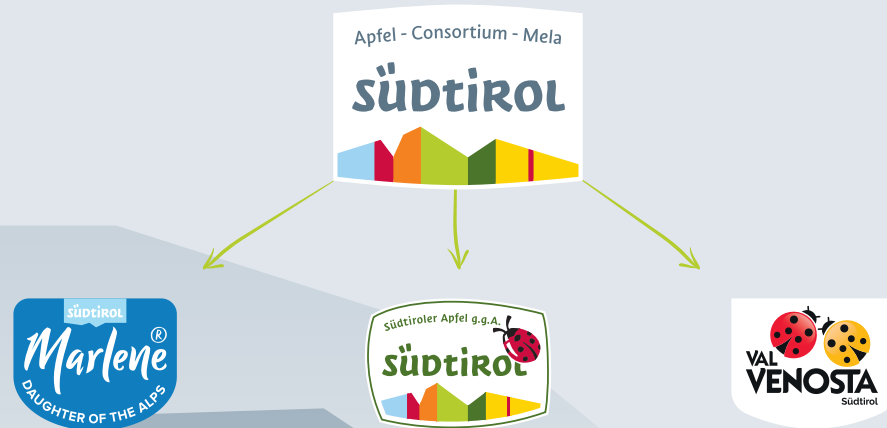


#### ELSTAR

*Flavor:* juicy, very aromatic, sweetly tart  
*Marketing:* August to late February

# The South Tyrol Apple Consortium unites three product brands under its roof.

The thirteen varieties that may carry the European PGI (Protected Geographical Indication) seal of approval are marketed with these three brand names.



## Marlene®

The apple brand Marlene® was established in 1995 by the VOG. It is used above all else in the Italian and Southern European markets. Marlene® is positioned as the “daughter of the Alps” and, in that way, creates a direct reference to its land of origin, South Tyrol.

## Südtiroler Apfel PGI

The brand Südtiroler Apfel PGI is used by all South Tyrol marketing organizations for the export goods primarily to Germany. It provides a uniform image to the foreign markets, and it guarantees the geographical origin, the traditional method of production, and transparent traceability.

## Val Venosta

The apple brand Val Venosta is the brand name of VI.P, the Association of Val Venosta Producers of Fruits and Vegetables. It attests to the origin of the products from the Vinschgau Valley, the particularly high quality of mountain fruit, and the gentle method of cultivation.

## Club Apples

Club apples such as Pink Lady®, Kanzi®, yello® und Jazz™ appear on the market with their own brand names. These apple varieties are characterized by the fact that they are centrally managed by a “club” which establishes both the cultivation conditions and the quality criteria for the growers. For the most part, the number of trees that may be planted is restricted and producers must execute cultivation licenses with the holder of the rights (the club).



**PINK LADY®**  
*Flavor:* aromatic, juicy  
*Marketing:* November to May



**KANZI®**  
*Flavor:* very crispy, juicy, sweetly tart  
*Marketing:* October to May



**YELLO®**  
*Flavor:* intense aroma, lightly exotic with tones of pineapple, pear, and lemon peel  
*Marketing:* October to May



**JAZZ™**  
*Flavor:* sweetly tart, aromatic, crispy  
*Marketing:* October to April



**AMBROSIA®**  
*Flavor:* very sweet and juicy, taste reminiscent of honey and nectar  
*Marketing:* December to April



**RUBENS®**  
*Flavor:* spicy-fresh, sweetly tart  
*Marketing:* late August to March



**ENVY™**  
*Flavor:* sweet and juicy with light pear aromas  
*Marketing:* October to April

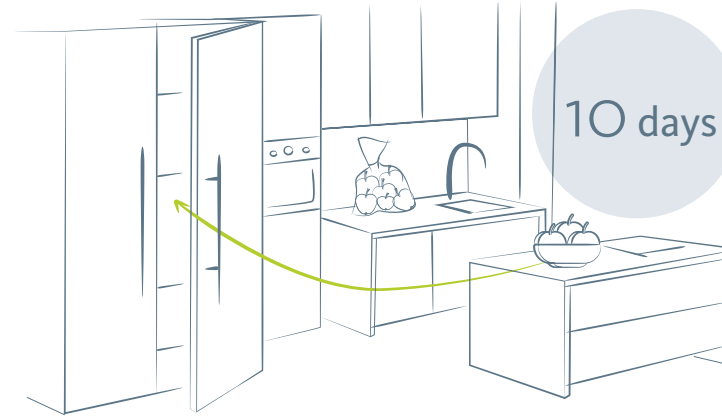
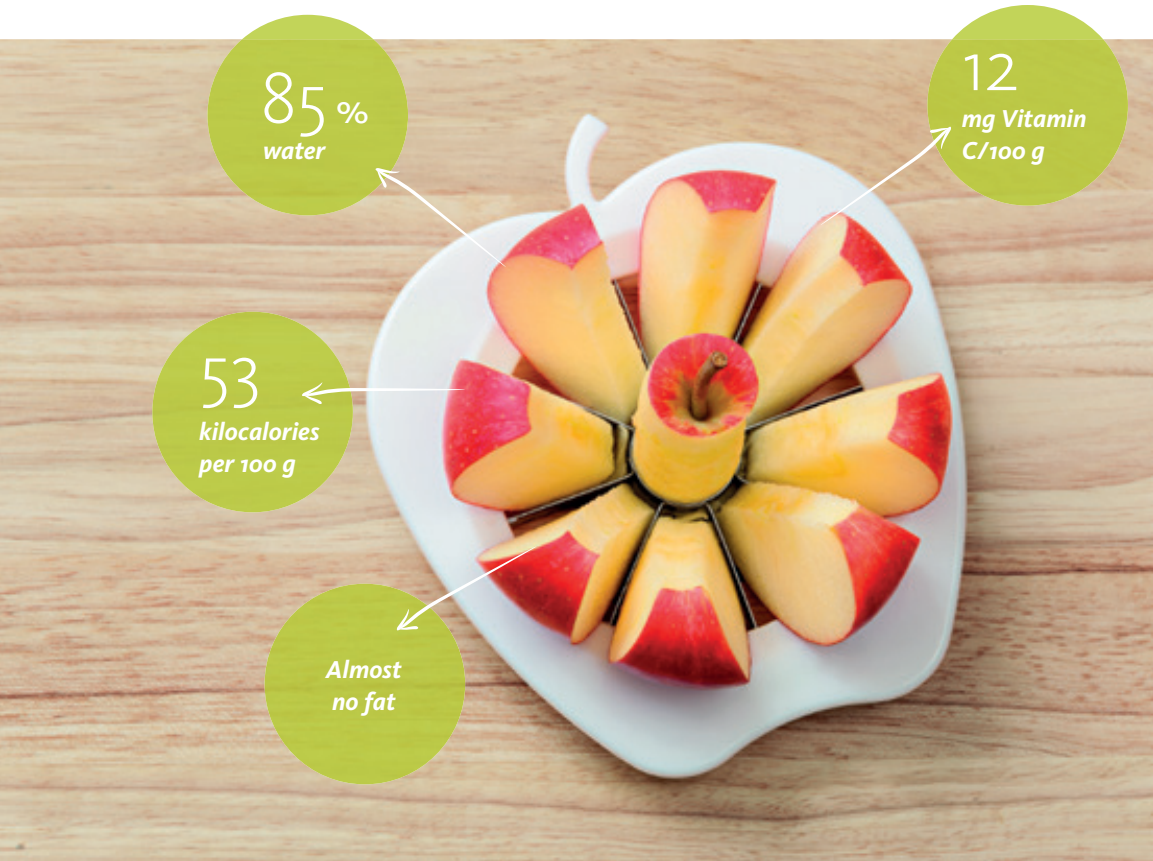


**MODÌ®**  
*Flavor:* crispy, juicy  
*Marketing:* September to April



**Contents of an Apple**

Apples consist of 85% water and therefore have a thirst-quenching effect. They contain almost no fat, but they have many valuable nutrients such as vitamins, minerals, and secondary plant substances. With an average of 12 mg of vitamin C per 100 g, one apple covers 15% of the daily allowance. The vitamin C content varies according to the variety, degree of ripeness, the time of the harvest, and the storage. Consuming 100 g of apple provides 53 kilocalories. This valuable energy comes from the most part from fructose, which is very easily digested. The fructose arrives directly in the muscles through the blood and is transformed there into kinetic energy.



**Storage at Home**

At home, apples should be kept in a cool basement or in the refrigerator. Depending upon your climate, in the wintertime they may also be kept outdoors in a covered container.



*Apples should not be stored together with other fruits. They emit ethylene, which accelerates the ripening of adjacent fruit.*

The storage life is extended if the fruit is packed in air-tight plastic bags. In a fruit bowl within the living space, apples should be kept a maximum of ten days. Sliced apples should be consumed or utilized immediately.

**Processing**

The apple may be processed into a variety of products:



Apple juice in either the unfiltered or clear version



“Apple soda”: apple juice mixed with sparkling mineral water



Apple wine can be made from apple juice. This can then be fermented into apple cider vinegar with fine aromas.



Varietal distilled spirits can be made from various apple varieties.



There are different variations of dried fruit for a healthy between-meal snack.

**Did you know that the old saying, “An apple a day keeps the doctor away” has actually been confirmed by a variety of studies?**



One example of this is the treatment of the **allergy to birch pollen**: with the daily consumption of apples, the complaints of those who suffer from this allergy have been significantly reduced.





South Tyrol Fruit Consortium

South Tyrolean farmers' association

PROVINCE OF BOLZANO AGRICULTURE

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AGRIOS

VOG PROTECTOR CONSORTIUM

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### Apple Strudel with Shortcrust

(Recipe from the Pupp Bakery, Italy)



#### Ingredients (for 1 strudel)

For the dough:

- ✓ 200 g (1/2 pound) butter
  - ✓ 100 g (1/4 pound) sugar
  - ✓ Salt to taste
  - ✓ Lemon zest, grated
  - ✓ Bourbon vanilla powder
  - ✓ 2 eggs
  - ✓ 300 g (3/4 pound) white flour, sifted
- Plus: 1 egg, scrambled

For the filling:

- 5 South Tyrol apples
- Cookie crumbs or bread crumbs
- White raisins or sultanas
- Pine nuts
- Cinnamon sugar
- 1 lemon (juice and grated zest)

200 - 190 °C

Oven temperature (400 - 375 F)

40 min.  
Baking time

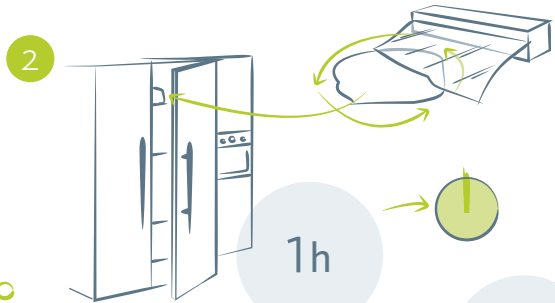
#### Preparation

For the dough: Knead together the butter, sugar, salt, lemon zest, Bourbon vanilla powder, eggs, and flour.

Wrap in plastic wrap and allow to rest in the refrigerator.



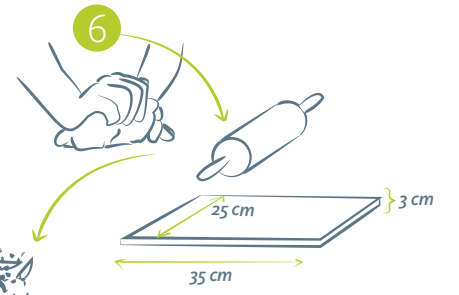
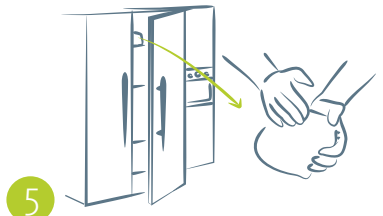
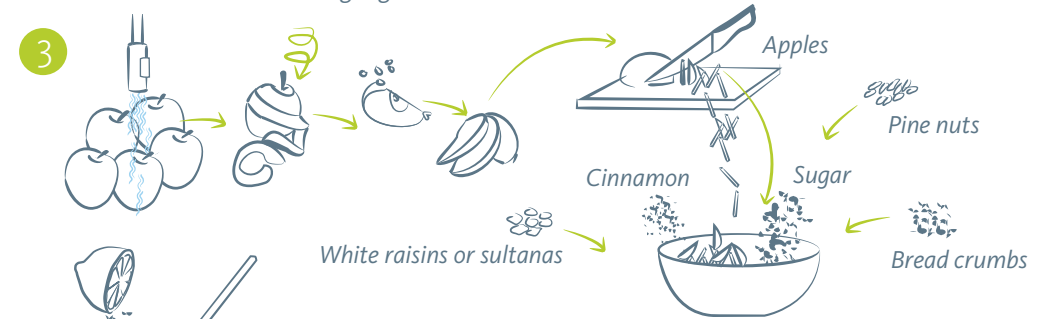
You can also prepare the dough without stress the day before.



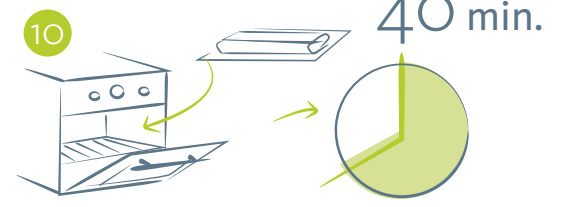
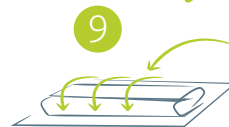
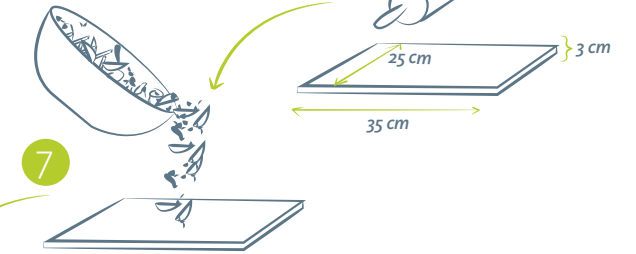
1h

24h

For the filling: Wash the apples, peel them and core them, chop finely, and mix well with the remaining ingredients.



Remove the shortcrust from the refrigerator, briefly knead it one more time, and roll out into a rectangle that is approximately 3 mm thick and 25 x 35 cm (10 x 14 in.) in size. Place the filling in the center of the rectangle of dough, fold up the edges on the left and right, and then fold the dough together.



Paint with the scrambled egg and place on a baking tray that has been covered with wax paper or parchment.

Preheat the oven to 200 degrees C. (400 degrees F), place the strudel in the oven, reduce the heat to 190 degrees C. (375 degrees F.), and bake for approximately 40 minutes until done.

## Fruity Apple-Chickpea Curry

(Recipe from food blogger Denise Schuster, "Foodlovin'")

### Ingredients (serves four)

3 South Tyrol PGI Apples  
 200 g (1/2 lb.) potatoes  
 400 g (1 lb.) boiled chickpeas  
 5 dried apricots  
 1 onion  
 2 cloves of garlic  
 1 piece of ginger (2 cm [3/4 in.])  
 1 tablespoon coconut oil  
 1 teaspoon tomato paste  
 1 tablespoon apple cider vinegar  
 1 teaspoon mustard seeds  
 1 teaspoon cumin seeds  
 2 teaspoons curry powder  
 1 teaspoon turmeric  
 800 ml (3 cups) vegetable broth  
 100 g (1/4 lb.) diced tomatoes  
 50 g (2 oz.) spinach  
 1 lemon  
 Salt, pepper, fresh herbs to taste, such as chervil, Italian parsley, marjoram



3 pieces

4 people

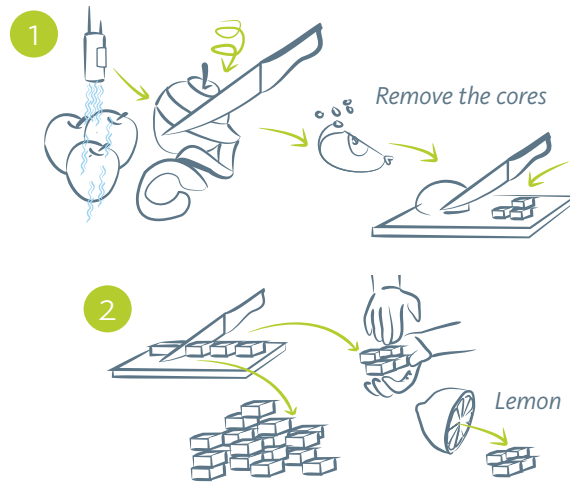
20 min.

Cooking time

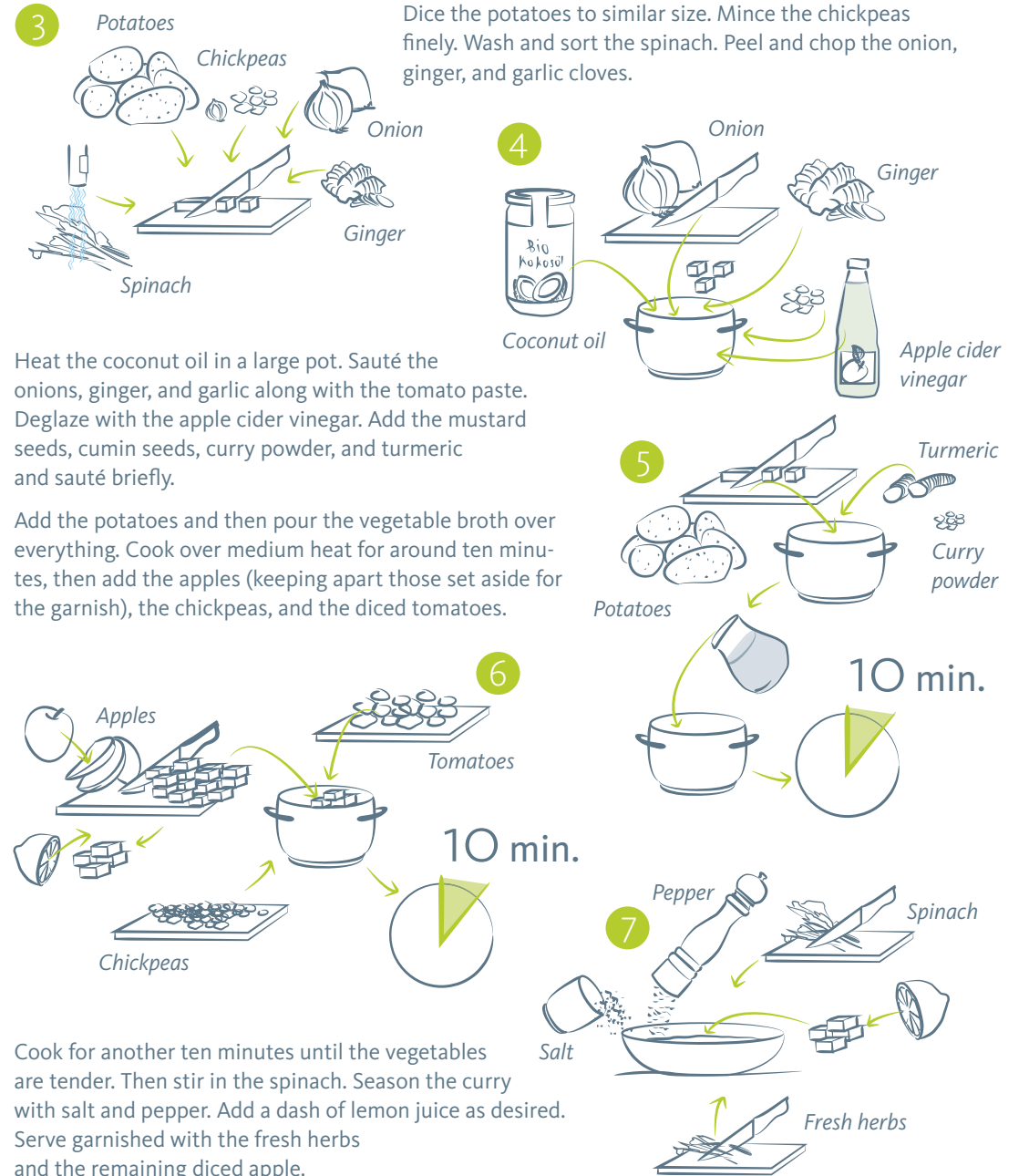


### Preparation

Wash the apples, peel and core them, and dice them (approximately 1 x 2 cm [1/2 x 1 in.]).



Take about a handful, sprinkle it with lemon juice, and set aside for garnish.



Dice the potatoes to similar size. Mince the chickpeas finely. Wash and sort the spinach. Peel and chop the onion, ginger, and garlic cloves.

Heat the coconut oil in a large pot. Sauté the onions, ginger, and garlic along with the tomato paste. Deglaze with the apple cider vinegar. Add the mustard seeds, cumin seeds, curry powder, and turmeric and sauté briefly.

Add the potatoes and then pour the vegetable broth over everything. Cook over medium heat for around ten minutes, then add the apples (keeping apart those set aside for the garnish), the chickpeas, and the diced tomatoes.

Cook for another ten minutes until the vegetables are tender. Then stir in the spinach. Season the curry with salt and pepper. Add a dash of lemon juice as desired. Serve garnished with the fresh herbs and the remaining diced apple.

## Information on the Internet



South Tyrol Apple Consortium  
[www.suedtirolerapfel.com](http://www.suedtirolerapfel.com)  
[www.apfelwelt.it](http://www.apfelwelt.it)



VOG Association of South Tyrol  
 Fruitgrowers Cooperatives  
[www.vog.it](http://www.vog.it)



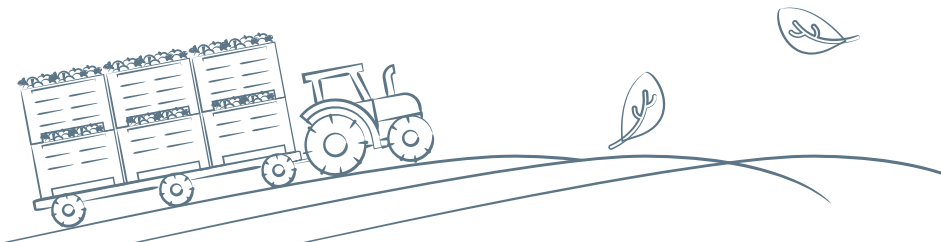
VI.P Association of Vinschgau Valley  
 Producers of Fruits and Vegetables  
[www.vip.coop](http://www.vip.coop)



Fruttunion  
[www.fruttunion.com](http://www.fruttunion.com)



South Tyrol Fruit Auctioneers  
[www.astafrutta.it](http://www.astafrutta.it)



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