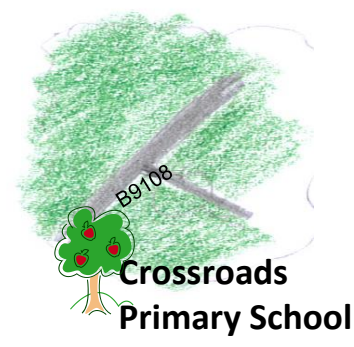
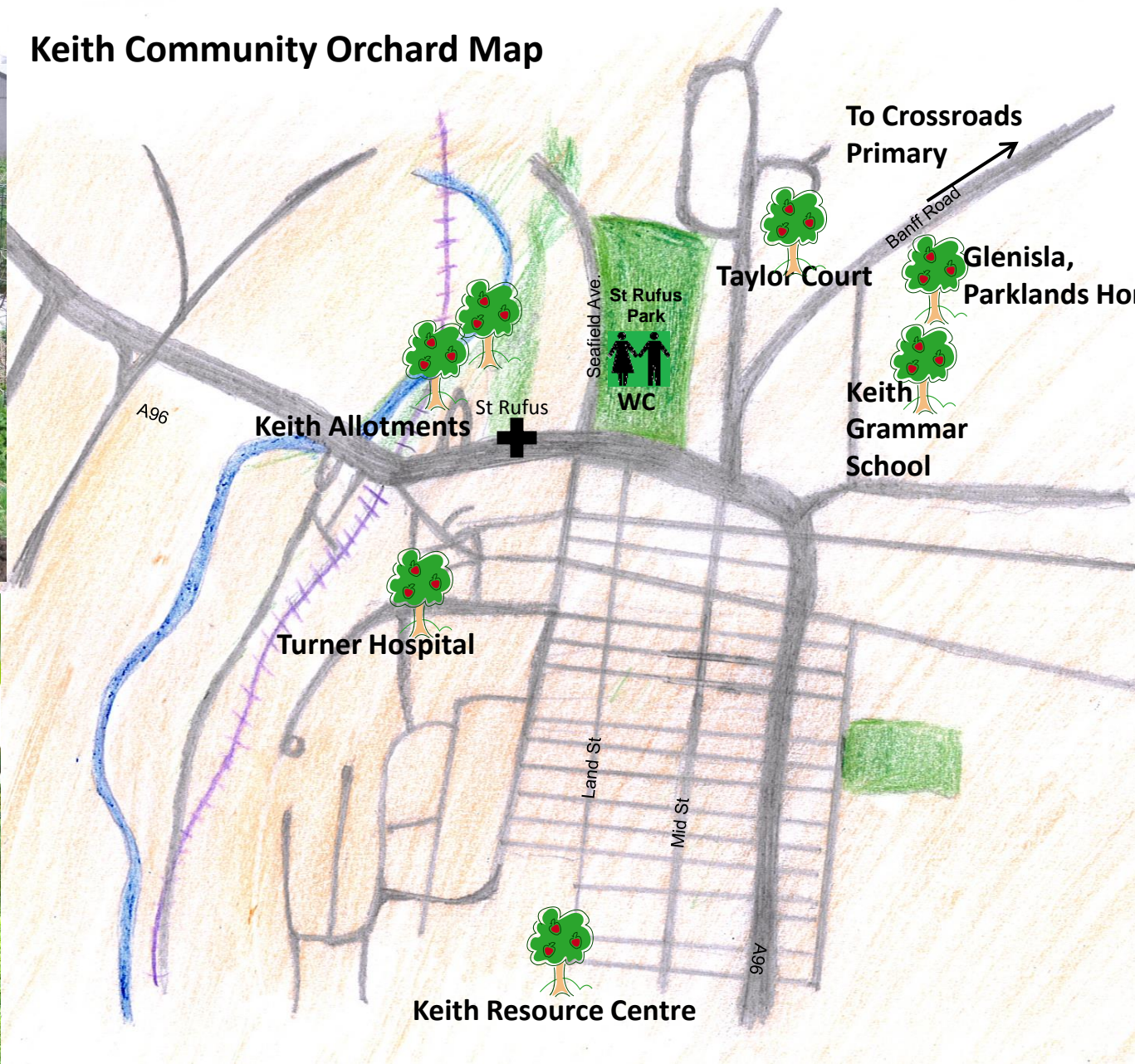




Keith Community Orchard Map



The community orchard has been planted as part of REAP's Climate Challenge Funded local food project. There are apple, plum and cherry trees for everyone to help themselves to.

Apples, apples, apples...

Storing

Whole apples – those without any bruises or damage to the skin can be stored wrapped in newspaper in a cool place that is mouse-proof and frost-proof.

Freezing

Apples can be peeled cored, sliced and frozen for using later. You can microwave or add a couple of tablespoons of water to a pan and cook apples till they break down and freeze puree.

Refrigerating

Keep your cooked apples in the fridge and add to porridge or yogurt. Cook them plain or add sugar and spices

Dried apples

Core and slice and thread on a piece of dowel in a low oven or airing cupboard until completely dry.

Apple dishes

Crumble, pie, tarte tatin, baked apples in the oven or microwave.

Roast apples – core and cut into big chunks and roast with veg to make a savoury dish – carrots, potatoes, onions, peppers, courgettes.

Apple jelly – by itself, with other fruits, with mint or lavender, with chilli, it's very versatile.

See the REAP website for some of our favourite apple recipes and links.

REAP is a local sustainable development charity based in Keith in the heart of the North East of Scotland.

REAP works to promote sustainable development by supporting social enterprise and environmental activities.

REAP offers a consultancy service to carry out work in line with its overall aims, including research, office services & community consultation.

Past and present partners and clients include Grampian NHS, The Moray Council, HIE, Cairngorms National Park, SNH and Energy Saving Advice Centre Scotland

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LOCAL FOOD PROJECT Keith Community Orchard

Learn - Grow
Harvest - Share
Cook - Compost

