



**A** *is for*  
*Apple*



**The Church Family Orchard of the  
Watervliet Shaker Community**



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**Illustrations by Elizabeth Lee**

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## *Preface to 2020 Edition*

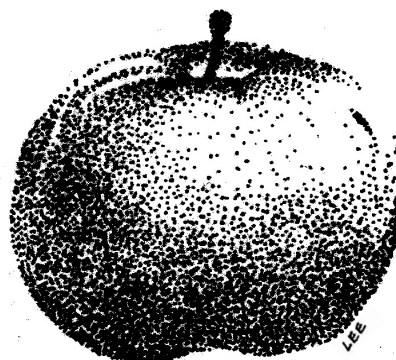
**J**ust south of the Albany International Airport, Heritage Lane bends as it turns from Ann Lee Pond and continues past an old cemetery. Between the pond and the cemetery is an area of trees, and a glance reveals that they are distinct from those growing in a natural, haphazard fashion in the nearby Nature Preserve. Evenly spaced in rows that are still visible, these are apple trees. They are the remains of an orchard planted well over 200 years ago.

Both the pond, which once served as a mill pond, and this orchard were created and tended by the people who now rest in the adjacent cemetery, which dates from 1785. They were known as Shakers, but were officially called the United Society of Believers in Christ's Second Appearance. Nearby is a complex of nine buildings that remain from one of the Shaker enclaves which they called "families." This was the Church Family, named after the main place of worship, the Meeting House. There were four Shaker families: the South Family, now a few buildings on South Family Road (near today's Christian Brothers Academy); the West Family, which is a cluster of red brick buildings on Albany Shaker Road (near the Memory's Garden Cemetery); and the North Family on property now occupied by the Shaker Ridge County Club. These built resources, the cemetery, the pond, and the orchard are what remain to tell the story of America's first Shaker settlement.

Mother Ann Lee and seven followers emigrated from England in 1774, spent two years in New York City, and moved north to this section of Albany County, then

called Watervliet, in 1776. Having fled from persecution for their religious beliefs and practices, the small group in Albany established the first of what would eventually be a network of 22 communities in the Northeast and Midwest United States. The Believers, as they called themselves, had broken away from the Quakers in Manchester, England in the 1750s. They had radical ideas for the time: the equality of men and women and of all races, adherence to pacifism, a belief that celibacy was the only way to achieve a pure life and salvation, the confession of sins, a devotion to work and collaboration as a path to creating a perfect world on earth, and the formation of communal "family" units where both men and women assumed leadership for the religious, business, and administrative activities.

As an agricultural-based community living in seclusion from The World (as they called non-Shakers), the Shakers were not completely isolated from The World. Their economy depended on the sale of goods manufactured from agricultural products. An innovative and practical society, whose members had a responsibility to care for large numbers of people, the Shakers



*Fameuse or Snow apple*

invented a number of items and procedures<sup>1</sup> and kept informed of the scientific advancements in *The World*. They not only learned from non-Shakers, but often participated in the scientific and scholarly discussions about agricultural and horticultural practices. No doubt some of this information found its way to the orchard on what is now Heritage Lane.

The Shakers lived in Albany for 162 years, from 1776 to 1938, ending with the death of Eldress Anna Case which led to the closing of the South Family. The Church Family, now the site of SHS, closed in 1925 and the property was sold to Albany County which demolished a number of buildings and constructed the former Ann Lee Nursing Home. Shaker Heritage Society (SHS) was established in 1977, 200 years after the arrival of Mother Ann Lee. SHS leases several buildings from Albany County and seeks to preserve the history of the Shakers in Albany and in America.

More information about the Watervliet, or Niskayuna Shaker Community, as this group of Families was known, can be found by visiting the Shaker Meeting House and exhibits, attending programs and workshops, or visiting us online at [www.shakerheritage.org](http://www.shakerheritage.org).

This booklet on the Shaker Orchard was researched and produced in 1986 by Elizabeth (Betty) Denison Shaver (1919-2010), Elizabeth (Libby) Lee, and Paul Russell. Betty Shaver's devotion to researching, transcribing, and distilling original Shaker archives created a vast collection of material we rely on decades later. Illustrations drawn by Libby Lee, an artist and former art teacher, are a small

selection of the many drawings and art projects she has contributed over the years. Paul Russell cared for the orchard for many years as co-chairman of the Conservation Advisory Council of the Town of Colonie. At the time this booklet was originally being developed, Paul was working to identify the existing trees in the orchard and to fill vacant spots with varieties known to have been grown here. All three were founding members of Shaker Heritage Society, and Libby and Paul remain active volunteers today.

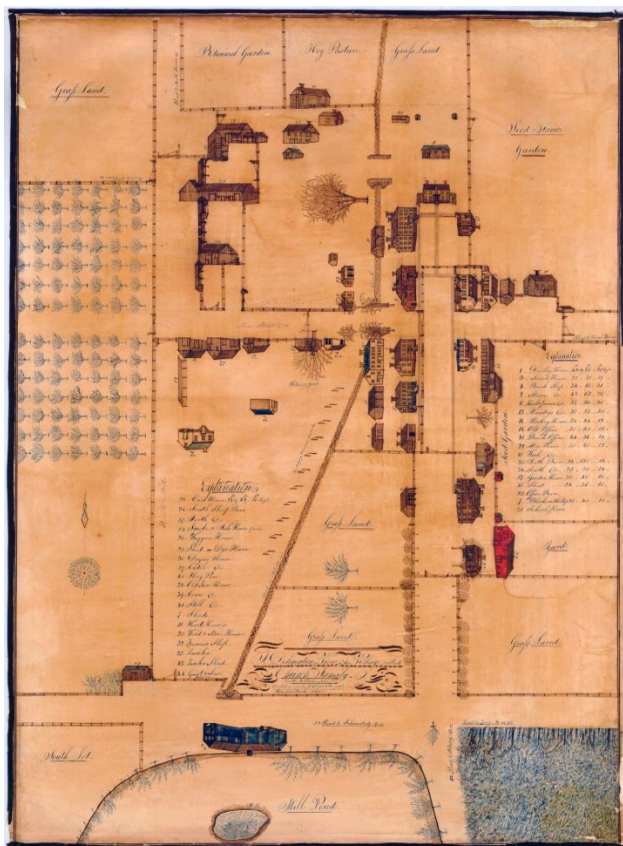


*Apple blossoms and buds*

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<sup>1</sup> Two of these inventions were created in the 1790s at the Church Family site: the flat broom and the process of packing seeds in small envelopes for sale. The seed business and the broom industry were major elements of the Shaker's economy well into the mid-19th century.

## THE SHAKER ORCHARD



*An extensive orchard is represented at the upper left section of the 1838 map of the Watervliet Shaker Church Family drawn by Brother David Austin Buckingham. The map is in the collection of the New York State Museum. The Shakers' mill pond, now part of the Ann Lee Pond Nature Preserve, is at the southern end of the map.*

The Shakers at Watervliet, N. Y. (also known as the Niskayuna Shakers or Wisdom's Valley) had extensive orchards, as did other Shaker communities. Part of the orchard planted by the Church Family still exists off of Heritage Lane near the Ann Lee Pond Nature Preserve. This booklet contains some description and history of the apple varieties and a collection of recipes in which the Shakers used apples, applesauce or cider.

Apple orchards were established in Massachusetts only a few years after the

Europeans arrived. The first was planted around 1625 by Rev. William Blaxton on what is now Boston's Beacon Hill. As people moved from Massachusetts to other areas they took apple trees with them. Often, as when they arrived in Maine, they found that trees had already been planted by the French. In New York, orchards had been started by the Dutch. Peter Stuyvesant's orchard was at a place he called "the Bouwerie," the Dutch word for farm.

Apples do not grow true to variety, if grown from seed. In fact, they might be small and bitter like wild crabapples. The best orchards are propagated by grafting. The Indians did not grow apples until the Europeans taught them how to graft. The American crabapple was too bitter to eat, but once the Native Americans learned about the domesticated apple, they quickly planted their own orchards and, in the South, even developed several new varieties.

As early as 1743, a naturalist traveling in New York State noted many Native American orchards. In 1779, when General Sullivan's punitive expedition against the Native Americans went through their villages, especially those of the Senecas, the colonist-soldiers were amazed at the extent of the orchards they were instructed to cut down.

In 1737 a major nursery was established by Robert Prince at Flushing, New York who issued the first American fruit catalog in 1771. Among the varieties listed and still available were Newton Pippin, Esopus

Spitzenburg, Lady Apple, Rhode Island Greening and Belleflower.

Apples played a bigger part in the colonists' diets than they do in ours, mainly to make cider. Cider was the most popular beverage of the day, the newcomers being afraid to drink the water (probably because the water in the countries they came from was often polluted and suspected of carrying various diseases). Cider was also used to make vinegar and apple brandy, which were used for pickling and preserving fruits and vegetables. In addition, apples were dried to be used during the winter to make pies and apple butter. Still, cider-making was the primary purpose of growing apples.

So, too, were apples an important item in the life of the Shakers. Just as their fellow settlers did, they stored many in barrels for winter eating and pie-making, dried many, and made apple butter, applesauce and apple cider. Since there was usually a surplus in anything the Shakers produced, their surplus apple products were sold to "The World's people" as non-Shakers were known. Their applesauce was especially well known, and their recipe shows that they cooked their apples in apple cider instead of just adding water.



The Drying House was constructed on the Shaker Church Family site in 1856 to process fruit, including apples.

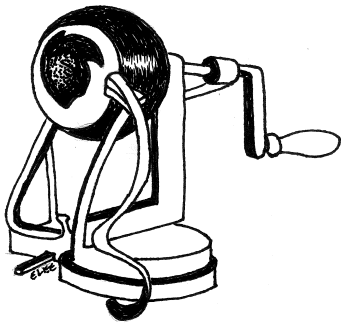
The use of cider was very important in Shaker cooking, also. In early days, when white sugar was both expensive and scarce, honey, maple syrup, maple sugar, and cider made it possible to add flavor to many foods. Cider was used to season vegetables, make cakes, pies and puddings, and also used in sauces served with meat and poultry. (See Recipes.)

By the 1830s, cider production began to decline, but apples were still important because, with the coming of the railroads, it was now possible for farmers to ship to distant cities. However, it now became necessary to cultivate apples that would ship well and that had no signs of disease or insects.

Disease was always a problem for apple growers. An early account relates that in New England the two problems were "measles," caused by apples being burned by the sun, and "lousiness," caused by woodpeckers boring holes in the bark to get at insects. The cure for the latter was to bore a hole in the main root, pour in a quantity of brandy or rum, and stop up the hole with a plug of the apple tree.

Insects became a greater and greater problem as apples grew larger and sweeter and as more strains were imported, bringing diseases with them. The experts in the 19th century had a number of remedies, some useless (such as bandaging the tree), and some more effective, such as painting the trunks with sticky substances so caterpillars could not climb them, and hanging out jars of mixtures containing molasses to attract and drown flying insects.

When the Shakers had a full complement of members, one or more of the brethren would be designated as horticulturists and would have charge of a nursery where fruit trees would be grown and grafted to obtain desired results. For instance, David Buckingham, in his "Journal of the Watervliet Church Family in April 1864, records "putting in 140 grafts of pears, plums and apples in the small fruit tree nursery."



*Apple parer*

Picking, paring and preserving were the three greatest challenges in apple culture. To remove apples from the tree before they

dropped to the ground and suffered fatal bruises required ingenuity in ladder construction. Besides inventing all kinds of special designed ladders, long-handled picking devices were created which would gently grasp the apples in wire fingers to bring them down to the picking baskets.

To pare large numbers of apples, hundreds of mechanical, crank-operated apple parers were invented and patented in the 19th century. Almost any museum will have several. In the Shaker communities, readying the apples for drying or for sauce would be a task in which all would cooperate. The Sisters trimmed and cored the fruit while the brethren ran the paring machines. Preserving apples in cellars became an art before mechanical refrigeration. If stored in barrels, they had to be constantly checked to pick out those

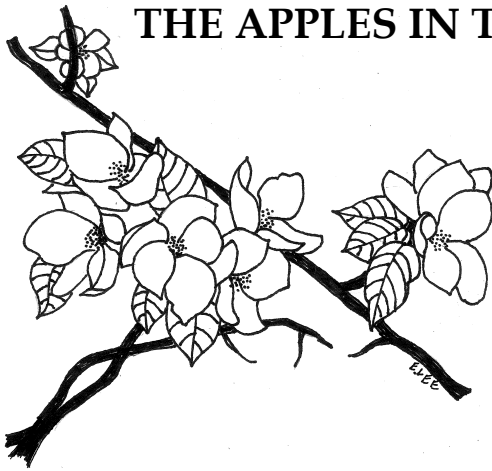
that were beginning to get soft or rot. When all that was left in the barrel seemed about to become unfit, the women then dried, pressed for cider, cooked into sauce and/or canned the rest.

The French emigre, Jean de Crevecoeur, settled in 1760 in Orange County and experimented with new crops and fruits, writing extensively about his endeavors. He had 358 apple trees on five acres and told of how he preserved the apples for winter. He was especially fond of apple butter which he made by boiling apples mixed with sweet cider to which he added quinces and orange peels. The result was preserved in stoneware jugs through the winter.

When the Shakers' membership began to wane and the ratio of women to men increased, the tendency in farming was "more fruit and fewer animals." Although some stock was kept and poultry raising had become established, more attention was turned to fruit and berry culture. In favorable seasons thousands of bushels of apples were raised in the Church and other families at Watervliet. In 1891 the South Family stored 200 bushels, dried 3 1/2 barrels for sale, and made 700 bushels into cider. In 1896, the Church Family shipped 200 barrels of fall apples to England.

In the beginning of the 20th century, many old popular varieties of apples began to lose favor because they did not ship well, were unattractive in color, or did not ripen all at once. These characteristics were not important for home orchards so, in this way, some antique apple varieties have been saved and are becoming popular again.

## THE APPLES IN THE WATERVLIET SHAKER ORCHARD



*The information on the following pages has been gathered from several sources, but primarily from the two-volume Report of the New York Agricultural Experimental Station issued in 1905 under the title "The Apples of New York."*

The *Alexander* was one of four Russian apples imported by the Massachusetts Horticultural Society from the London Horticultural Society about 1835. Had been brought to England about 1815. Tree highly valued for its hardiness; in 1905 it was proving in the Middle West and Northwest U.S. to be superior to the Baldwin, Rhode Island Greening and Northern Spy. The skin is pale yellow almost covered with splashes and stripes of bright red and crimson with scattered dots. Flesh light yellow. Excellent for cooking.

The *Baldwin*, soon after 1740, came up as a chance seedling on the farm of John Ball near Lowell, Massachusetts and for about 40 years its cultivation was confined to that neighborhood. Farm bought by a Mr. Butters who called it "Woodpecker" because the tree was frequented by those birds. Came to the attention of Col. Loammi Baldwin about 1793 and he propagated it. Lieut. Baldwin had been with Washington when he crossed the Delaware River. From his interest, it was named for him. By 1833 it was the most popular apple in the Boston vicinity, and by 1852 in all New England. A bright red, winter apple. A favorite market variety because it handles well, has good size and quality, attractive color.

The *Banana* or *Winter Banana* originated on the farm of David Flory near Adamsboro, Indiana about 1876. The fruit is large, pale yellow with a pinkish blush, aromatic, good eating, but too mild for cooking. In 1905 was little planted in New York State.

The origin of the *Ben Davis* is uncertain but has been credited to Tennessee, Kentucky and Virginia. Supposed to have originated about 1800, was widely grown in those three states by the Civil War and had been carried by settlers into Indiana, Illinois, Missouri and Arkansas. By 1905 was a leading commercial apple in those states. Not popular in New York State because the season is usually too short for it to mature properly. Very sturdy tree; medium to large apple; skin tough, glossy, yellow with bright red stripes and dark carmine splashes. Flesh whitish, rather coarse, not crisp.

The *Bietigheimer* originated in Germany. It is remarkable for its great size and beauty. The skin is pale yellow with red splashes and dots; flesh is white. Good for cooking but too coarse and acid for eating. The New York State Experimental Station in 1905 stated "not worth cultivating."



The *Chenango* either originated in Madison County, New York or was brought by settlers from Connecticut to Chenango County. Known since 1850, by 1905 it was in limited demand. Skin is yellowish white striped with red. Excellent for eating, good for cooking, but does not ship well so is good only for home gardens.

The *Cox Orange Pippin* is said to have originated in Slough, England, when a Mrs. Cox watched a bee pollinate a blossom. On a whim she planted seeds from the resulting apples and came up with this prizewinning dessert apple. Valued in England as a dessert apple and grown in home gardens. Red and yellow skin, yellow flesh; highly aromatic. The trees are productive but subject to disease. The word "pippin" meant good eating in Elizabethan times.

The *Duchess of Oldenburg* was another of the four Russian apples imported into England in 1815 and to Massachusetts in 1835. Tree highly valued for its hardiness, just as the Alexander. Skin pale yellow almost covered with splashes and stripes of bright red and crimson with scattered dots. Flesh light yellow. Excellent for cooking.

*Esopus Spitzenburg* or *Spitzenburg* originated at Esopus, New York sometime before the Revolution. It was a favorite of Thomas Jefferson who, in 1790, ordered twelve of them from the Prince Nursery which had been established in 1737 in Flushing, New York. Scattered through New York State in the oldest orchards, well-known in 1800; cultivated in Europe and one of commercial varieties grown in Washington and Oregon in 1905. Belongs to Baldwin class. Skin tough, deep rich

yellow, almost completely covered with bright red. Flesh yellowish. Choice eating apple and one of best for canning or general cooking. Ships and stores well, often brings fancy prices. However, trees are not as hardy or healthy as others, being susceptible to scab fungus and apple canker.

The origin of the *Fall Pippin* is unknown, may be from the Holland Pippin. Known to have been in New York State orchards over 210 years ago. Attractive yellow; excellent for both eating and cooking. Must be put in storage to hold to February.

The *False Baldwin* cannot be found in any apple book.

The *Golden Russet* has been said to be identical to an old English variety of same name. In 1905, among Russet apples, it ranked second to the Roxbury Russet in commercial importance. The growing availability of cold storage facilities at that time was making long-keeping russet apples less profitable and popular than they had been. Fruit not large, but smooth and uniform. Skin thick, yellow almost entirely covered with green or yellowish russet. Particularly desirable for home use in spring, being then excellent for eating and cooking. Good for drying, excellent for cider.

The *Granny Smith* is not listed in the older apple books. In a 1980s advertisement, the *Granny Smith* is described as "an incredible accident of nature a one in a billion chance." The ad goes on to say that in 1869, Mrs. Thomas "Granny" Smith living in New South Wales, Australia, discarded a bunch of rotten apples she brought home from a

trip to the remote island of Tasmania. A tree grew from the seeds and bore apples like no others known. They were shiny green, crisp, juicy and simply scrumptious. Neighbors and friends called them "Granny Smith 's apples." An apple grower heard of them, took cuttings and started an orchard. Soon, they were exporting the fruit to New Zealand and then to England--a journey of some 10,000 miles. Importing apples to England is like selling refrigerators to Eskimos. England is home of some of the world's finest flavored apples--the famous Pippin and Russet, for example--yet Granny Smith's completely won the English over, so that today in England the Granny Smith may be #1 in popularity. It is rapidly becoming that way in America.

The *Gravenstein* was a common red apple throughout Germany and Sweden and is known to have been planted in the Albany area prior to 1826. Of good size, it has an excellent appearance and is good for cooking. Regarded by some as not quite hardy and apt to drop before being fully colored.

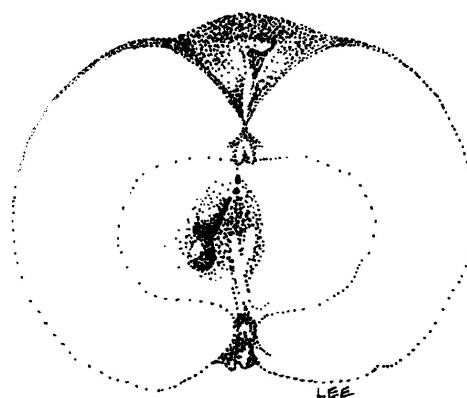
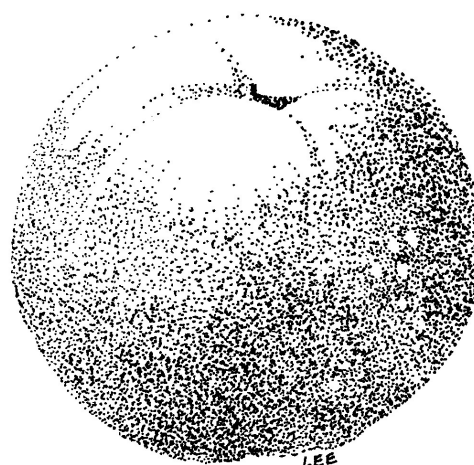
The *Grimes Golden* originated in New Hampshire. Fruit from original tree sold to New Orleans traders as long ago as 1804. Generally planted in South, West and Southwest for home use, but not in commercial orchards. A few New York State growers in 1905 considered it fairly profitable but in colder areas does not develop to desirable size, color or quality and there is high percentage of loss from drops. Skin and flesh rich golden yellow.

The *Mcintosh* originated as a chance seedling on the farm of John McIntosh in Ontario, Canada in 1811. A visitor told

him about grafting and an orchard was started. Now well established through New York State.

The *Maiden Blush* was named and brought to notice by Samuel Allinson of Burlington, New Jersey, and was already very popular in the Philadelphia market in 1817. Pale lemon- yellow with a crimson cheek. Valued for market and cooking purposes. Does not store well.

The *Newton Pippin* comes in both Yellow and Green and it is not known which was the original. First American apple which attracted attention in Europe; Franklin sent specimens to London in 1759, then' grafts were sent to attempt to grow it in England. Jefferson received grafts of it in



*Gravenstein Apple*

1773 and planted at Monticello in 1778. By 1817 the two colors had appeared. The original tree is supposed to have stood on the estate of Gershom Moore of Newton, Long Island until about 1805, when it died from excessive cutting for grafts and exhaustion. The Yellow variety has pinkish tinge on skin and flesh is more yellow and more highly aromatic. It needs favorable growing conditions. A firm apple, it keeps very late and ships well. Around 1905, the crop was largely exported. Of highest quality for eating and cooking, the cider is very clear and of high quality.

The *Northern Spy* was originated in East Bloomfield New York by Roswell Humphrey in the early 1800s but did not spread to other areas until after 1840. In 1852 was listed by American Pomological Society as a new variety of promise and worthy of general cultivation. Since then has been extensively planted in New York State and other northern apple regions. The fruit is large, skin thick, tender and smooth; pale yellow splashed with carmine and an overspread delicate bloom. Flesh yellowish, fine grained, tender and crisp. Excellent for either eating or cooking. Not good for drying. Good market apple though requires careful handling.

The *Northwestern Greening* originated in Waupaca County, Wisconsin in 1872. By 1905 was pretty much throughout the northern part of the apple belt where hardy trees were desired, but very little in New York State. Fruit large to very large; skin pale yellow or greenish flesh tinged with yellow. It has a serious fault in that the flesh around the core is apt to be discolored, Cooks well but not of high

flavor or quality. For eating, fair to good.

The *Paragon* originated on the farm of Major Rankin Toole near Fayetteville, Tennessee about 1870. A southern variety of the Winesap type. Fruit evidently does not develop to as high a degree of perfection in New York State as it does further south. Skin tough, dark red with yellowish blush. Flesh greenish or yellow tinge, firm, rather tender, good.

The *Pound Sweet* (or *Pumpkin Sweet*) originated in Manchester, Connecticut and was grown in New York State since at least 1850, but not widely. It is large, greenish yellow turning a slight red in the sun. Flesh yellowish tender and sweet. Used for cooking but its peculiar flavor and coarseness made it unpopular for eating.

The *Ralls Janet* (or *Ralls Genet*) was first known growing on the farm of Caleb Ralls in Amherst County, Virginia, before 1800. Probably originated there although rumor claims it was brought from France to President Jefferson by Citizen Genet when he was a French Minister to the US. In southern areas, fruit is of superior quality and highly rated for home use and in market. In New York State seldom gets to marketable size unless thinned and is rather dull in color. Therefore little known here and not recommended for planting. Is good keeper and holds its flavor. Skin yellow with red mottles and blush, carmine stripes. Flesh white, crisp, pleasantly aromatic.

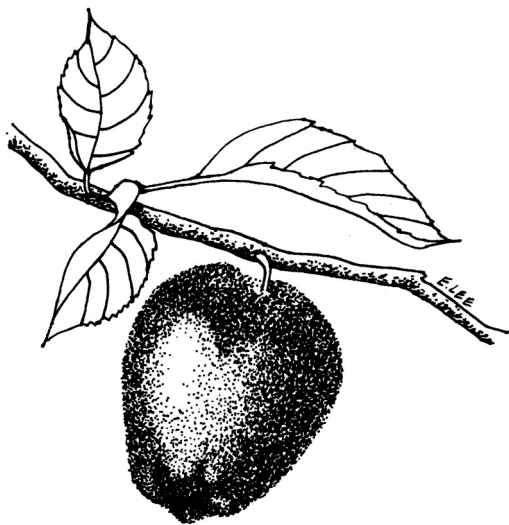
The *Red Astrachan* is the third of the four apples imported from Russia to England in 1815 and to Massachusetts in 1835. It is generally grown across the US. It is an early summer apple, yellow skin largely

covered with red stripes, overspread with a blueish bloom. It is fit for cooking before fully ripe; when fully ripe is good for eating.

The *Red Seek-No-Further* was not found; there were both Green and Westfield varieties.

The *Roxbury Russet* supposedly originated in Roxbury, Massachusetts in the early 17th century and was taken to Connecticut about 1650, and about 1797 taken from Connecticut to Ohio. The "russet" indicates its color since it is usually covered with a yellow brown russet. Flesh tinged yellow or greenish, somewhat coarse. In 1905 it was the most popular russet apple grown in New York State. A good keeper. Was not as popular when cold storage facilities became more available. This is the earliest recorded American variety.

The *Sheepnose* (also known as the *Black Gilliflower*) owes its name to its conical shape--it resembles an animal's snout. Deep red to nearly black in color, it was considered too dull for market. Well



*Sheepnose Apple*

known in Connecticut before 1800. Not as juicy as others, only fair for cooking but good for eating, with a peculiar aroma that many people enjoy.

The *Smokehouse* (or *Vandevere Pippin*) is of unknown origin. Never much cultivated in New York State but grown to some extent in the West. Large coarse apple with marbled red and white stripes. Rather sharp, acid flavor, good for cooking but not eating.

The *Snow* (*Fameuse* or *Pomme de Neige*) was planted by the French at Chimney Point on Lake Champlain fifty years before there was any settlement there; an alternative name is *Chimney Apple*. One of most desirable eating apples but inferior for cooking. Grows well in colder climates and is one of most important red varieties in Champlain and St. Lawrence areas.

The *Sops of Wine* was a very ancient English cooking and cider apple. By 1905 was seldom planted in New York State. Dark crimson skin.

The *Stark* was first brought to notice in Ohio and thought to have originated there. In 1892 was offered by nurseries all over the country, but not much planted in New York State. Regarded as a good variety for commercial orchards because tree is hardy and healthy and the fruit is fair, smooth and keeps well. Skin often dull and not attractive, sometimes having little red. Has mild flavor, only medium in quality but good for baking and drying.

The name *Strawberry* has been applied to many different varieties. An Early variety originated in the vicinity of New York City from the Red June eating. Widely planted,

it is bright red with stripes and is good for both eating and cooking. The late variety originated in Cayuga County about 1845 and is pale yellow over striped with red. It is especially good for eating. Like many other early apples, the Early variety ripens unevenly and does not ship or store well, which is why it has nearly died out. They have an unusual, pleasant (possibly strawberry-like) fragrance that is not destroyed in cooking.

The *Summer Rambo* was said to have originated in France; described by pomologists in this country in 1817 and 1832. Little known in New York State but often found in Ohio and farther west. Fruit large to very large, bright yellow or greenish skin marked with broken stripes and splashes of bright carmine and with numerous dots. Flesh yellowish green.

*Tompkins County King* (or *King*) appears to have originated near Washington, New Jersey by Jacob Wycoff in 1804, by whom it was named "King." Some thought it originated in Tompkins County but that tree had been grafted. The Congress of Fruit Growers added Tompkins County to the name to distinguish it from other King apples. Beautiful red apple with enough contrasting yellow to make it attractive. Uniformly large, excellent for eating and cooking. Well adapted for marketing and in 1905 was selling at premium prices. In New York State as a whole, at that time it ranked 4th in commercial importance behind Baldwin, Rhode Island Greening and Northern Spy.

The *Twenty Ounce* has an unknown origin but until 1840 was cultivated mainly in Cayuga County, New York. Very large fruit with tough yellow skin with broad stripes

**26 Oct** Chauncy Copely, Sylvester Prentis & Daniel Sherman went with their teams to Niskayuna with 4 sisters, Elder Amos and Bro[ther] Daniel & gathered apples – 80 bushels of winter apples, 110 bushels of cider apples.

**31 Oct** General turnout to pick up cider apples – got 300 bu.

**2 Nov** Making cider, gathering pop corn and apples. Elder Amos begins digging a hole to bury apples – put in 50 bu.

*Entries from Albany Shaker Journals,  
1855*

and splashes of red. Especially good for cooking but not for drying. Genesee County was noted early for the great size of its Twenty Ounce or Pumpkin apples, measuring up to 16" in circumference and 27 oz. in weight.

George Wheeler from Dover, New York started a nursery in 1791 on land reclaimed from wilderness near Penn Yan. Abrah Wagener bought the nursery in 1796 and in 1848 it was noted that this old original tree had beautiful and delicious fruit. The New York State Agricultural Society in its 1847 report awarded the *Wagener* second premium as the seedling of merit; in 1848 placed it on the list of first class apples. Generally known throughout New York State but not planted extensively. Tree is short lived and dwarfish in size. Skin thin, tough, glossy, bright red with some yellow; flesh white with yellow tinge, fine grained, crisp. Desirable for cooking but especially good for eating. If not picked as soon as well colored often there is loss

from dropping. May also be high percentage of loss because undersized or misshapen.

The *Wealthy* was originated in Excelsior Minnesota by Peter Gideon from the Cherry Crab after 1860. Extensively planed in cold climates requiring hardy trees. Bright red and good for either eating or cooking.

*Wine Sap* (or *Wine Sop*) seems to have originated in West Jersey. In 1817 was spoken of as "most favored cider fruit in West Jersey." In 1905 called "one of oldest and most popular apples in America," known in all apple growing regions from Virginia to the Pacific Coast. In 1892, 73 nurseries were offering it. In New York State seldom reaches good medium size. It is deep red with very dark purplish red splotches; its flesh is yellowish sometimes with red veins.

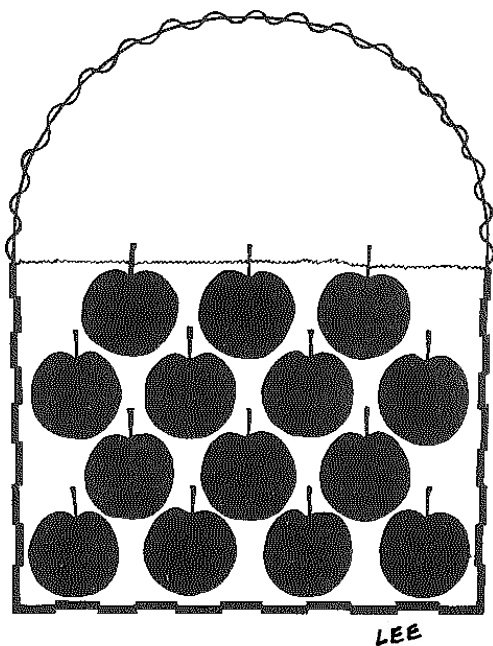
*Winter Banana*. See *Banana*.

The *Wolf River* was originated by W. A. Springer near Wolf River, Wisconsin, and entered in an apple catalog in 1881. Pale yellow or greenish skin mottled and blushed with deep dark red and marked with splashes and dots. Light yellow flesh.

The *York Imperial* was at one time the most widely grown commercial apple in the Shenandoah and Blue Ridge areas of Virginia, as well as in West Virginia and Pennsylvania. It was first propagated around 1830 in York, Pennsylvania by a Mr. Johnson who noticed neighborhood children visiting one of his trees each spring to obtain fruit which had wintered, covered with leaves, on the ground. The variety was named for this excellent quality, becoming known as "the imperial of keepers."

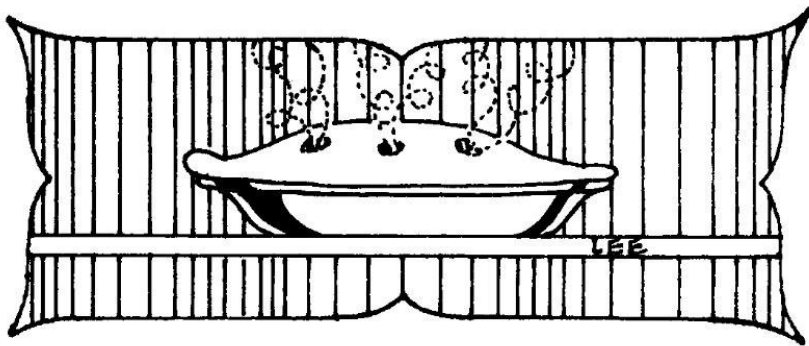
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A line sketch of the original spirit drawing "Basket of Apples" by Hannah Cahoon in 1856 at Hancock, Massachusetts, known as "the City of Peace" during the Era of Manifestations. Within the bail or handle of the basket is written



*Come come my beloved  
And sympathize with me  
Receive the little basket  
And blessings so free.*

Beneath the basket of apples is written, "I saw Judith Collins bringing a little basket full of beautiful apples for the Ministry, from Brother Colvin Harlow and Mother Sarah Harrison. It is their blessing and the chain around the bail represents the combination of their blessing. I noticed in particular as she brought them to me the ends of the stems looked fresh as though they were just picked by the stems and set into the basket one by one."



## SHAKER RECIPES CONTAINING APPLES, CIDER OR APPLESAUCE

These have been culled from several sources, but the majority. are from *The Best of Shaker Cooking*, by Amy Bess Miller and Persis Fuller, published in 1970.

**NOTE: The online version of this publication has a selection of the recipes in the printed version.**

### *Shaker Applesauce*

2 lbs. apples, peeled and sliced

2/3 gal. cider, boiled down from 2 gals. fresh cider.

Add apple slices to boiled down cider; simmer until apples are tender. Do not stir, so apple slices remain whole. Add sugar if desired, but the concentrated cider is very sweet. Makes two pints. May be put in sterilized jars and kept.

Mt. Lebanon

### *Cider Sauce*

1 tbsp. butter

2 1/2 tsp. flour

3 cups cider concentrate (or frozen apple juice concentrate)

2-3 tbsp. sugar or honey

Evaporate cider by simmering until reduced to half of its original volume. Melt butter over low heat and blend in flour. Add hot cider gradually, stirring until it is smooth and begins to thicken. Stir in sugar or honey and simmer 5 minutes. Serve hot. Makes 1 1/2 cups.

### *Cider Concentrate*

1 gallon fresh apple cider

In a large, nonmetallic pot, simmer the cider until it is reduced to about 5 1/2-6 cups. Pour into sterilized jar and refrigerate until needed.

### *Apple Catsup*

Pare and core 12 sour apples. Stew with water until soft. Rub through a sieve. To each quart of apple pulp, add this mixture:

1 cup sugar	1 tsp. pepper
1 tsp. powdered cloves	1 tsp. dry mustard
2 tsp. cinnamon	1 tbsp. salt
2 onions, finely chopped	2 cups cider vinegar

Add mixture to apple pulp, bring to a boil, and simmer 1 hour. Bottle in sterilized jars, cork, and seal while hot. Makes 3 pints.

*The Shaker Manifesto*

### *Applesauce to Serve With Ham*

Follow recipe for Shaker Applesauce. (p. 15)

Use 4 cups of the applesauce and to this add 1 1/2 cups onions which have been cooked to a puree in 2 tbsp. butter. Add 1 cup fresh cider and cook down. At the very last, add 1 tsp. horseradish and 2-4 tbsp. heavy cream. Mix gently. Apples should be kept in nice firm slices and not mashed up. Makes about 6 cups.

Hancock Shaker Village

### *Apple Butter Made With Boiled Cider*

5 lbs. cooking apples, cut up but not peeled or cored

1 tbsp. allspice

1/2 gal, Boiled Cider, boiled down from 1 gal. of fresh cider

Bring apples, covered with boiled cider, to a boil, then reduce heat and let simmer, stirring frequently to avoid burning on bottom of kettle. Remove from fire. Strain as much of pulp through a colander as possible. Cook further to desired consistency. Add allspice.

Butter should be thick and dark. If to be kept for any length of time, pour into sterilized jars with tight lids and seal. Makes 1 quart.

Hancock Shaker Village

### *Cider Flap*

2 cups fresh cider

1 cup orange juice

1 cup grated peeled apple

1 pkg. lemon gelatin

Mix all ingredients and freeze to mush. Serve in frappe glasses with meat course. Serves 4.

Hancock Shaker Village



***Chicken In Cider And Cream***

1 chicken, about 4 lbs., quartered	5 tbsp. butter, heated	
1/2 cup cider	1 tbsp. grated lemon rind	
1 cup heavy cream	1 tsp. salt	1 tsp. fresh pepper

Cook chicken in hot butter until brown all over. Cover and pan and continue cooking over low heat until tender, 30-40 minutes. Add cider and lemon rind and spoon this liquid over the chicken. If chicken seems to be drying out, add cider before chicken is fully cooked to the tender point. Remove chicken to warm serving platter. Quickly add cream and seasonings to frying pan, stir around to mix with pan juices. Pour this hot sauce over chicken on platter. Serves 4-5.

Hancock Shaker Village

***Carrots In Cider***

3 cups sliced carrots	3 tbsp. butter
1 cup cider (maybe more)	1/2 tsp. salt 1/4 tsp. pepper

Slice carrots fairly thin, add cider and seasonings. Cook slowly in a covered pan until carrots are tender. Add butter. Remove cover for last 2 minutes of cooking.

Enfield, Connecticut Shaker Village

***Sausage Cooked In Cider***

1 lb. link sausage	1/4 cup water	Butter
small onion, finely chopped	2 tsp. finely chopped parsley	
1 tbsp. flour	1 cup cider	

Prick sausages all over. Put in frying pan with water. Cover and cook 5 minutes. Uncover, turn to brown evenly. Remove when brown to a serving dish and keep warm. Use fat in pan, add butter to make 3 tbsp. Add onion and fry until golden. Add parsley and flour; blend, and then add cider. Stir well and have liquid come to a boil. Stir to keep smooth and return sausages to pan. Simmer a few minutes. Place sausages on serving dish and pour sauce over. Serves 4. Serve with Honeyed Apple Rings.

Watervliet (Albany) Shaker Village

***Honeyed Apple Rings***

2 cups honey	1 cup vinegar
1 tsp. cinnamon	1 tsp. salt

2 quarts apples, cored but not peeled, cut in rings 1/2 inch thick

Heat the honey, vinegar, cinnamon and salt together in a deep skillet and cook apple rings, a few at a time, in the syrup until they become transparent. Pour the syrup that remains in the pan, after all are cooked, over the rings.

***Dessert Omelet***

4 tart, medium apples water or cider  
 1/2 tsp. nutmeg or apple pie spice  
 cinnamon for dusting

1/2 cup sugar  
 4 eggs, well beaten 1 tbsp. butter

Cut apples in large pieces. Place into an enameled, glass or stainless steel saucepan and simmer, covered, in enough water or cider to keep them from sticking to the pan.

Add more liquid if needed. When apples are soft (about 15-20 minutes) pass them through a sieve or food mill. (May substitute 1 1/4 cups of unsweetened applesauce.) Stir in sugar and set aside to cool. When cool, stir in eggs, mix well and pour into a well buttered baking dish or a preheated cast iron skillet. Bake in a preheated 300° oven for about 20 minutes. Serve warm with Cider Sauce and a dusting of cinnamon. Serves 4 to 6.

Watervliet (Albany) Shaker Village

***Apple Bread Pudding***

8 slices toast without crusts, cubed (5 cups)  
 4 tbsp. melted butter  
 1/4 tsp. salt  
 1/2 tsp. cinnamon  
 1/2 cup raisins  
 4 apples, pared, cored and diced (4 cups)

1 1/2 cups hot milk  
 5 eggs  
 1/2 cup brown sugar  
 1/4 tsp. nutmeg  
 1 tsp. rosewater  
 1/4 cup brown sugar

Combine 5 cups cubed toast with hot milk and 4 tbsp. butter. Let stand 30 minutes. Beat eggs until light, add salt, sugar, cinnamon, nutmeg, raisins, rosewater and apples. Add to bread mixture. Turn in to buttered 1 1/2 quart baking dish. Sprinkle brown sugar over top.

Bake uncovered at 300° for 45 minutes. Serve with Apple Cream Sauce. Serves 6-8.

***Apple Batter Pudding***

5 tart apples, peeled and chopped  
 1/2 tsp. each cinnamon and nutmeg  
 1/4 cup water  
 1/2 cup sugar  
 1 tbsp. melted butter

1 cup brown sugar  
 2 tbsp. butter  
 1/3 cup sifted flour  
 1/4 tsp. salt  
 2 eggs, beaten until foamy

Mix apples, brown sugar and spices. Place in buttered pudding dish and dot with butter. Add the water. Sift dry ingredients together and beat in melted butter and beaten eggs until mixture is light and fluffy. Spread over apples and bake at 450° for 10 minutes. Reduce heat to 350° and bake about 40 minutes. Serve warm with Lemon or Custard Sauce. Serves 6.

Old manuscript, Shaker Museum

### *Apple Cream Sauce*

1 cup *very* heavy running cream                      1 tsp. rose water                      cinnamon  
 1 cup strained applesauce (if applesauce is unsweetened, add 1/2 cup white sugar)

If cream is runny, do not beat. Fold in sweetened applesauce, add rose water, sprinkle with cinnamon. Pass in separate dish.

### *Applesauce Pudding*

3 cups applesauce    2 cups sugar  
 1 cup butter, melted                                        7 eggs, separated  
 1 9-inch piecrust , baked

Combine applesauce, sugar and butter. Beat the yolks of the 7 eggs and the white of 3 together and fold into applesauce mixture. Cook over medium heat until it thickens. Pour into pie shell. Beat remaining 4 egg whites until stiff. Spread over filling. Bake at 375 for 12 minutes or until meringue is set and golden. Serves 6-8.

Shirley Shaker Village

### *Mary Whitcher's Apple Pudding*

6 large apples    2 cups grated bread crumbs  
 2/3 cup butter    1 cup sugar  
 2 tsps. Nutmeg     1 cup cold water

Pare and chop the apples. Put in a pudding dish a layer of grated bread crumbs 1 inch deep, then a layer of apples. On this put lots of butter, sugar and dusting of nutmeg. Continue as before to repeat the layers and, finally, pour the cold water over the top.

Bake at 350° for 30 minutes or until pudding is golden brown and bubbling. Serves 4-6.

Serve with Wine Jelly Sauce: Blend together 2 cups heavy cream and 1/2 cup melted wine jelly.

### *Apple Dumplings Cooked In Maple Syrup*

2 cups flour    1 1/2 tsp. baking powder  
 1 tsp. sugar    tsp. salt  
 3/4 cup milk    1/2 cup peeled chopped apples  
 2 cups maple syrup & 1 tbsp. water

Mix and sift dry ingredients together. Add milk and apples and mix well. Drop by spoonful into boiling maple syrup. Cook 10 minutes in syrup which must boil all the time. Makes 24.

Rebecca Hathaway, Canterbury Shaker Village

## *Apple Pancakes*

2 cups sifted flour	1 tsp. baking powder
1/2 tsp. salt	1tsp. sugar
2 eggs, lightly beaten	1 1/2 cups rich milk
2 tbsp., melted butter	1/2-1 cup peeled, finely chopped apple

Sift flour with other dry ingredients in mixing bowl. Add eggs and milk and beat to make smooth. Add butter and apples. Stir well. Grease hot griddle for the first batch. Makes 10-12 cakes. After cakes have browned, sprinkle with cinnamon and sugar or pass cream flavored with cinnamon or flavored with rose water. Or serve with Mystery Syrup.

Hancock Shaker Village

## *Mystery Syrup*

Add brandy to hot maple syrup and melted butter. Called Mystery Syrup because the amount of brandy is a mystery; let your conscience be your guide.

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