Nutrition Info
One medium peach has 60 calories and provides potassium and vitamins A & C.

Uses
Peaches are traditionally used in cobblers and pies, but they can also be stuffed, grilled, blended, and baked.

Peaches are great fresh. Don’t worry about peeling the fuzzy outside, it is full of fiber and other nutrients, but if desired the fuzz can be rubbed off with a wet paper towel.

Family Friendly Activity
Have a taste test with peaches and nectarines. Have your child examine the peach and nectarine before tasting. Then cut each piece of fruit and allow your child to taste each. Describe what each tastes like.

We Want to Hear From You!
Share your fruit and vegetable tidbits and tales and be entered into a drawing for a $25 gift certificate! Each month we’ll ask a new question...and give you a new chance to win!

Here’s This Month’s Question:
It’s harvest time! Tell us your strategies for capitalizing on this windfall of fruit and vegetable goodness. Do you share, can, freeze, donate? What community resources have you found helpful to make sure none of the bounty is wasted?

To Enter:
Answer this month’s question, listed above. Be creative – we want to hear your stories! Your answer can be long, short or in between.

To be included in this month’s drawing, please send your response no later than August 31, 2013 by e-mail to HOMstories@lacrossecounty.org or send us a facebook message at www.facebook.com/GetActiveLaCrosseCounty

Pick:
• Choose peaches that are free of soft spots, bruises and mold. The color can vary and is not a reliable indicator of ripeness.
• A ripe peach will smell sweet and yield slightly to pressure.

Store:
• Ripen peaches in a brown paper bag at room temperature.
• Once ripe, store peaches in a plastic bag in the refrigerator and use within 5 days.

Prepare:
• For best flavor, bring to room temperature before using.
• Remember to wash before consuming!
Juicy Peach Crumble
Serves 8 (1/8th pan per serving)

Ingredients:
6 peaches, sliced
Juice from one orange
1 tsp. vanilla extract
1 cup old-fashioned oats
¼ cup flour
½ cup packed brown sugar
¼ tsp. ground cinnamon
¼ cup butter, softened

Directions:
Preheat oven to 350 degrees. Spray 8x8-inch baking pan with cooking spray; set aside. In a bowl, combine peaches, orange juice and vanilla. Spread the fruit mixture in the prepared baking pan. In a separate bowl stir together oats, flour, brown sugar and cinnamon. Cut butter into mixture until well combined. Sprinkle oat mixture over fruit mixture. Bake 45 minutes or until lightly browned and bubbly.

For more information on Farm2School & Foot Steps to Health visit:
www.GetActiveLacrosse.org!

The Harvest of the Month is a partnership between La Crosse County Health Department’s Foot Steps to Health initiative, the La Crosse County Farm2School Program, area school districts and the community. Funding for this project was provided by the UW School of Medicine and Public Health from the Wisconsin Partnership Program.