

# Harvest of the Month



August



Peaches



## 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!

## 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](mailto:HOMstories@lacrossecounty.org) or send us a facebook message at [www.facebook.com/GetActiveLaCrosseCounty](http://www.facebook.com/GetActiveLaCrosseCounty)

## Nutrition Facts

Serving Size 1/8th of pan (159g)  
Servings Per Container 8

Amount Per Serving

**Calories 200**    **Calories from Fat 60**

% Daily Value\*

**Total Fat 7g**                      **11%**

Saturated Fat 4g                    **20%**

Trans Fat 0g

**Cholesterol 15mg**                **5%**

**Sodium 0mg**                        **0%**

**Total Carbohydrate 35g**        **12%**

Dietary Fiber 3g                    **12%**

Sugars 22g

**Protein 3g**

Vitamin A 8%                      • Vitamin C 25%

Calcium 0%                        • Iron 6%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

## Juicy Peach Crumble

Serves 8 (1/8<sup>th</sup> 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](http://www.GetActiveLacrosse.org)

Color a  
Peach!

