

Harvest of the Month



September



Peaches

Nutrition Info

One medium peach has 60 calories.

Peaches are a good source of potassium and vitamins A & C.

Fun Facts

Peaches were called *Persian Apples* by the Romans.

Peaches are grown commercially in 28 states. There are over 700 varieties of peaches.

Uses

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

Peaches are great fresh. The fuzzy peel is completely edible and it is full of fiber and other nutrients!

Try homemade fruit leather. Peel & pit peaches then puree them in a blender. Pour the puree onto wax paper-lined cookie sheets and dry in the oven at a very low temperature. Cool for a few hours.

Family Friendly Activity

Have a taste test with peaches and nectarines. Have your family examine the peach and nectarine before tasting. Then cut each piece of fruit and allow your family to taste each.

Involve your entire family in meal planning! Can you plan a theme night that features peaches or other seasonal produce? Who can pick the best peach recipe?



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!

