

# PEACHES

This institution is an equal opportunity provider. Funded by the USDA Supplemental Nutrition Assistance Program (SNAP).



## GENERAL INFORMATION

**Did you know:** Speed the ripening process for peaches by placing them in a paper bag

**In season:** June-September

**Key nutrients:** Vitamin C

## HOW TO SHOP

**What to look for:** Mostly firm, but somewhat soft; as few blemishes as possible

**Methods of preparation:** You can keep the peel on; dice them in pieces for fruit salads, salsas, and additions to pancake batter; dice them or slice them in long pieces for grilling; scoop out the center and stem to roast them and fill them with other ingredients.

**Storage:** Can keep whole peaches out at room temperature for 1-2 days.



## RECIPE IDEAS

- **Peach Crisp:** Grill slices of peaches with oatmeal clusters (oats+ brown sugar +butter).
- **Fruit Pizza:** Toast a whole wheat tortilla, sprinkle with cinnamon, add yogurt, and top with diced peaches.
- **Peach Nice Cream:** Combine frozen bananas, peaches, cinnamon, and just enough milk for blending.

