



Peaches

Wash. Eat. How easy is that?

Did you know? The pit in a "free stone" peach separates easily from the fruit, while the pit in a "cling stone" peach is firmly attached to the fruit. Most fresh peaches are freestone. Clingstone peaches are often canned.

Peach Buying and Handling Tips: Choose bright peaches that smell "peachy." Look for peaches with smooth skins that are creamy or yellow in color, with a red blush. A ripe peach will yield to gentle pressure. Avoid peaches that are hard and green, brownish, have tan spots or are excessively soft or shriveled. To ripen peaches, store them in a paper bag, along with one apple, in a single layer at room temperature for up to three days. Store ripe peaches, unwashed and covered, in the refrigerator. High heat makes peaches become dry and mealy, and exposure to the sun causes peaches to shrivel.

Have fun – with Peaches! • Rinse fresh peaches under cool running water just before eating. • Take a washed peach with you on your next outing. To keep it from bruising, slip it into a food container with a lid. • Start your day with sliced peaches added to hot or cold cereal. • Mix sliced peaches and cooked meat chunks with lettuce or other greens for a refreshing summer supper. • To keep sliced peaches from darkening, sprinkle a bit of lemon or orange juice over them. • Make peach salsa! Blend together peaches, strawberries and bananas. Spread onto flour tortillas and roll, or serve on toast or with pancakes or waffles. • Cool off with a frozen peachy snack: Mash a ripe peach and stir it into low-fat plain yogurt. Freeze in ice-cube trays with a straw or spoon in the middle.

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For more information about healthy eating, contact your local extension office. The Food Assistance Program can help people of all ages with low income buy nutritious foods for a better diet. To find out more, contact your local SRS Service Center or call 1-800-221-5689.

