

# The News-Review

## Extension Spotlight: Power of peach

Mandy Hatfield - Jun 28, 2016

The first peaches of the season are starting to show up at the local farm stands. The smell of ripe peaches is wonderful and the taste is just as good. At the beginning of the season I just have to eat peaches off the pit. As the season progresses, I like to find fun ways to prepare them to add to meals and dessert.

Peaches are good sources of vitamin A, vitamin C, potassium and fiber which most individuals need more of in their diet.

There are many different peach varieties available but all of the varieties are either freestone, clingstone or semi-freestone. Knowing what type of peaches you have will help give a little insight about what the peach might be like.

Freestone means the pit falls out easily. These varieties have firm texture, low sugar content, and low juiciness. Many people like to can freestone peaches because of the firm texture and an easy to remove pit.

Clingstone means the flesh clings to the pit. These varieties have softer texture, high sugar content and juiciness. Semi-freestone is a hybrid that the pits cling less tightly with relatively high sugar content and juiciness.

Peaches come in either white or yellow flesh. The white peaches may be slightly

less sweet and lower in acid than the yellow flesh peaches.

Peaches are best if ripened at room temperature which provides the best flavor and texture. Ripen peaches in loose paper sacks and add an apple or banana to the bag for quicker ripening.

Once ripe eat or refrigerate. If storing ripe peaches in the refrigerator, use a plastic bag with holes to prevent moisture on the surface. Wash peaches just before eating or preparing.

Peaches brown quickly when exposed to air so eat after cutting or dip in lemon juice water. Also, they can be frozen at this point for enjoyment throughout the year.

Peaches can be eaten for breakfast by adding them to yogurt and granola, throwing them in pancake batter or muffins or blended in a smoothie. I enjoy smoothies, blending peaches with orange juice, I feel like it really brings out the flavor.

Then add bananas or blueberries or even some vegetables to make the smoothie complete. Peaches are great for making dessert too. You can just cut them in half and grill them for a quick dessert.

Try adding balsamic vinegar to them when grilling for an added flavor boost. Every year I like to make almond peach crisp. It is a great tasting healthy dessert. I add orange juice to the peaches to add flavor without adding sugar, then use sliced almonds and oats with a small amount of brown sugar and butter to create the crisp. Bake it all together for a wonderful tasting dessert, and if you

have leftovers it can even be a good breakfast. When cooking with peaches, one pound equals 3 to 4 medium peaches or 2 cups sliced.

Pick lots of peaches this season to enjoy in so many different ways and increase some important vitamins, minerals and fiber in your diet. Try the [foodhero.org](http://foodhero.org) peach recipes to add peaches at every meal like peach sundae, peach carrot smoothie and peach salsa.



Mandy Hatfield is the Nutrition Education Program Instructor for OSU Extension Service of Douglas County. Mandy can be reached by e-mail [mandy.hatfield@oregonstate.edu](mailto:mandy.hatfield@oregonstate.edu) or phone at 541-672-4461.

## **Peach Sundae**

### **Ingredients**

- 1 tablespoon margarine or butter
- 2 cups chopped or sliced peaches (fresh, frozen or canned and drained)
- 3 tablespoons packed brown sugar
- 1/4 teaspoon ground cinnamon
- 3 cups (24 ounces) low fat yogurt (try peach, vanilla or raspberry)

### **Directions**

Melt margarine in a medium skillet over medium heat (300 degrees in an electric skillet).

Add peaches, brown sugar, and cinnamon. Stir occasionally until peaches are hot. Remove from heat.

Spoon yogurt into five individual bowls. Top with warm peaches.

Refrigerate leftovers within 2 hours.

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## **Peach Salsa**

### **Ingredients**

- 1 cup chopped peaches (canned or fresh)
- 1 large tomato, chopped
- 1 bell pepper, seeded and chopped
- 1/2 cup chopped onion

1/2 cup chopped cilantro

1 tablespoon lime juice

1/4 teaspoon each salt and pepper

### **Directions**

Combine peaches, tomato, bell pepper, onion and cilantro in a large bowl.

Add lime juice, salt and pepper and gently stir to mix.

Cover and refrigerate until ready to serve.

Refrigerate leftovers within 2 hours.

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Refrigerate or freeze leftovers within 2 hours.

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### **Peach and carrot smoothie**

#### **Ingredients**

1 medium banana,  
peeled fresh or  
frozen

1 cup frozen  
carrots

1 can (15 ounce) peaches, undrained

#### **Directions**

Combine all ingredients in a blender or food processor including the juice or syrup from the canned peaches.

Blend until smooth.

Serve immediately.

