



Give Them More
of the
Good Stuff!

Peach Basics



Shop and Save

- ☼ Choose peaches that are smooth and without bruises or green areas. The red blush on some varieties is not a sign of ripeness.
- ☼ Ripe peaches feel heavy for their size and the flesh will give to gentle pressure. Handle peaches carefully to avoid bruising them.
- ☼ Find fresh peaches grown in the U.S. from May through October. Find Oregon-grown peaches at local markets and U-pick farms from July through September.
- ☼ Frozen and canned peaches are available year round. To avoid added sugars in canned peaches, look for “Packed in 100% juice.”

*Peaches are a good source of
vitamin C and fiber.*



Yellow Peach



White Peach



Peach skin provides fiber and other nutrients. If you don't like fuzzy peach skin, try a nectarine. Nectarines are a type of peach with smooth skin and no fuzz.

Types of Peaches

- Freestone** — the flesh pulls away from the pit. Good for eating fresh, baking and preserving.
- Clingstone** — the flesh clings to the pit. These are used mostly for commercially canned peaches but may be available at farmers markets. Best for eating fresh because the pit can be messy to remove.
- Yellow or White** — Peaches of both stone types can have yellow or white flesh. White peaches taste sweeter, even before they are fully ripe. White peaches should not be preserved by any canning method because they are too low in acid to kill harmful bacteria.

Store Well Waste Less

☼ Store peaches at room temperature until ripe. To ripen faster, store in a closed paper bag. To speed ripening even more, add an apple or banana to the bag.

- ☼ Refrigerate ripe peaches in a container with airflow. Use within 3 to 5 days.
- ☼ Gently rub peaches under cool running water just before eating.
- ☼ To reduce browning, cut peaches just before serving. Dipping pieces into water with lemon juice also reduces browning. For each cup of

water add 1 Tablespoon lemon juice.

☼ Freeze peaches for longer storage. Put pieces on a baking sheet and freeze until firm. Move pieces to labeled freezer containers and use within 8 to 12 months.



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon Safe Net at 211. USDA is an equal opportunity provider and employer.

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peach recipes

Quick Fix

- * Add cut peaches to yogurt or any cold or hot cereal for sweetness and flavor.
- * Peaches can be mixed into the batter of pancakes, waffles, muffins or bread.
- * Grill fresh peach halves for a simple dessert.

One pound of peaches =
about 3 to 4 medium peaches =
2 cups sliced peaches



Kids Can!

When kids help make healthy food, they are more likely to try it. Show kids how to:

- * rinse fresh fruits and vegetables under running water.
- * slice peaches on a cutting board. Ripe peaches can be cut with a plastic knife.
- * fill a blender half full to leave room for food to spin. Fit the lid on tightly before blending.

Peach and Carrot Smoothie



Ingredients:

- 1 can (15 ounces) **peaches**, undrained or 1½ cups fresh or frozen peach slices and ½ to ¾ cup water or 100% fruit juice
- 1 cup **carrots** (frozen, cooked from fresh, or canned and drained)
- 1 medium **banana** (fresh or frozen)

Directions:

1. Wash hands with soap and water.
2. Combine all ingredients in a blender or food processor.
3. Blend until smooth and serve right away.
4. Refrigerate or freeze leftovers within 2 hours.

Makes 3 cups

Prep time: 5 minutes

Peach Salsa

Ingredients:

- 1 cup chopped **peaches** (canned or fresh)
- 1 large **tomato**, chopped
- 1 **bell pepper**, chopped (see **Note**)
- ½ cup chopped **onion**
- ½ cup chopped **cilantro**
- 1 Tablespoon **lime juice**
- ¼ teaspoon each **salt** and **pepper**

Directions:

1. Wash hands with soap and water.
2. Combine peaches, tomato, bell pepper, onion and cilantro in a large bowl. Add lime juice, salt and pepper. Stir gently to mix.
3. Cover and refrigerate until ready to serve.
4. Refrigerate leftovers within 2 hours.

Note: For extra flavor, add cayenne pepper or diced jalapeno peppers.

Makes 2 cups

Prep time: 15 minutes