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.”

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.

Peach Basics

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.

Store Well

❖ 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.
Enjoy Peaches

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

Go to FoodHero.org for easy, tasty peach recipes

Peach and Carrot Smoothie

Ingredients:
- 1 can (15 ounces) peaches, undrained or 1 1/2 cups fresh or frozen peach slices and 1/2 to 3/4 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)
- 1/2 cup chopped onion
- 1/2 cup chopped cilantro
- 1 Tablespoon lime juice
- 1/4 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.
Makes 2 cups
Prep time: 15 minutes

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

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.