

Peaches

Fresh and Healthy

Peaches have a great combination of flavor and nutrition. This fruit can be enjoyed alone or served in an array of other dishes such as appetizers, entrees, and desserts.

Try a fresh Georgia peach today!

Fresh, Fast & Healthy!



Peaches Benefit U

- Good source of vitamin C & potassium
- Source of vitamin A
- Low in calories & fat
- No sodium, cholesterol or saturated fat

Medium peach = 60 calories

Fast Facts

Selection

Choose peaches with firm, fuzzy skins. Select well-ripened fruit and handle carefully to prevent bruising.

Storage

Place unripe peaches in a paper bag. When ripe, store at room temperature for use within 1-2 days.

Preparation

Before eating or cooking rinse in cold water. To peel a peach, dip into boiling water for 30 seconds, then in cold water. The peeling should slide off easily.

Note: To keep peaches from darkening, add lemon juice or ascorbic acid.

Preservation

Sugar Pack Freezing

To prevent browning, sprinkle ascorbic acid dissolved in water over the peaches before adding sugar. Add 2/3 cup sugar to 1 quart peaches and mix thoroughly. Stir until most of the sugar is dissolved or let stand 15 minutes. Put into containers, leaving headspace. Seal and freeze.

**For more information on preservation
call: 1.800.ASK.UGA1**

Peach

Recipe Corner

Peach Salsa

2 cups peeled & chopped peaches
3/4 cup chopped red bell pepper
1/4 cup seeded, chopped cucumber
1/4 cup sliced green onion
2 tablespoons honey
2 tablespoons lime juice
1 tablespoon finely chopped cilantro

Combine all ingredients. Cover & chill for several hours, stirring occasionally. Complement your chicken or pork with this tasty, tangy salsa.



Add Color to Your Meal

- Eat fresh as a sweet snack
- Add to a leafy green salad
- Blend in your favorite smoothie
- Grill lightly sprinkled with brown sugar
- Bake in bread, muffins, cobblers or pies

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Did You Know?

In 1995, the peach became the official GA state fruit. Three months later, the U.S. Postal Service released a 32-cent peach stamp.

Peaches are the third most popular fruit grown in America.

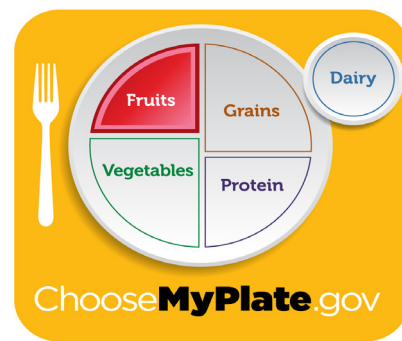
Fresh Georgia peaches are only available 16 weeks each year, from mid-May to mid-August.

The peach is a member of the rose family and should have a pleasingly sweet fragrance when ripe.

What better place to enjoy the fresh taste of peaches than in the Peach State!



**August is
National
Peach Month**



For more information contact:

1.800.ASK.UGA1

or

www.extension.uga.edu

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Learning for Life