



# Give Your Family More of the Good Stuff!

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## Peach Basics

*Peaches provide vitamin C, which helps  
your body heal cuts and other wounds.*



### Shop and Save

- ✿ Choose peaches that have an even, creamy gold to yellow color. Some varieties have a red blush but it may not always be a sign of ripeness.
- ✿ When ripe, peaches should have a slight “give” or softness. Handle peaches gently—they bruise easily. Bruised areas spoil more quickly.
- ✿ Fresh peaches may be at peak quality and lowest cost from June through September, depending on the variety and growing area.
- ✿ When shopping for canned peaches, look for “Packed in 100% juice” and “No sugar added” on the label. Canned and frozen peaches are available year-round.



### Types of Peaches

**Freestone** — the pit falls out easily. These varieties have firm texture, low sugar content, low juiciness, and white or yellow flesh. White flesh peaches may be slightly less sweet and lower in acid than yellow flesh peaches.

**Clingstone** — the flesh clings to the pit. These varieties have soft texture, high sugar content and juiciness, and white or yellow flesh.

**Semi-freestone** — a hybrid of freestone and clingstone peaches. The flesh clings to the pit less tightly and they are relatively high in sugar content and juiciness.



### Store Well Waste Less

- Keep peaches at room temperature until ripe for best flavor and texture. Ripen peaches in a loosely closed paper bag. Add an apple or banana to speed ripening. Check daily until soft, then eat or refrigerate.
- Store ripe peaches in the refrigerator in a plastic bag with holes to prevent moisture on the surface. Use within a few days.
- Wash peaches just before using by gently rubbing under running water.
- To keep them from browning, cut peaches just before serving or dip cut peaches in water with lemon juice (2 Tablespoons/quart).
- To freeze cut peaches, first treat the slices to prevent browning (see above). Then freeze them on a baking sheet. Once frozen, transfer the slices to a freezer bag or container. Use within 12 months. Thaw in the refrigerator.



Peach peels  
are a good source  
of fiber

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 SafeNet at 211. USDA is an equal opportunity provider and employer.

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# Ideas for Using Peaches

Go to  
**FoodHero.org**  
for easy, tasty  
peach recipes

## Quick Fix

- ✿ Peaches are a tasty snack eaten whole, chopped, or sliced.
- ✿ Add cut peaches to yogurt, cold cereal, or oatmeal to add sweetness and flavor.
- ✿ Peaches can be mixed into the batter of pancakes, waffles, muffins, or bread.
- ✿ Grill fresh peach halves for a simple dessert.

## Peach Sundae

### Ingredients:

- 1 Tablespoon **margarine** or **butter**
- 2 cups chopped or sliced **peaches** (fresh, frozen or canned/drained)
- 3 Tablespoons packed **brown sugar**
- ¼ teaspoon ground **cinnamon**
- 3 cups (24 ounces) **low fat yogurt** (try plain, peach, vanilla or raspberry)

### Directions:

1. Melt margarine or butter in a medium skillet over medium heat (300 degrees in an electric skillet).
2. Add peaches, brown sugar, and cinnamon. Stir occasionally until peaches are hot. Remove from heat.
3. Spoon yogurt into five individual bowls. Top with warm peaches.
4. Refrigerate leftovers within 2 hours.

**Makes:** 5 cups    **Prep time:** 10 minutes

**Cook time:** 5 minutes

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

## Peach Carrot Smoothie



### Ingredients:

- 1 medium **banana** (fresh or frozen)
- 1 cup **carrots** (cooked, frozen or canned/drained)
- 1 can (15 ounces) **peaches**, undrained or 1 ½ cups fresh or frozen peaches with ½ cup water or fruit juice

### Directions:

1. Combine all ingredients in a blender or food processor.
2. Blend until smooth.
3. Serve Immediately.
4. Refrigerate or freeze leftovers within 2 hours.

**Makes:** 3 cups    **Prep time:** 5 minutes



## Kids Can!

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

- ✿ wash fresh fruits and veggies.
- ✿ chop or slice peaches on a cutting board. Ripe peaches can be cut with a plastic knife.
- ✿ use a can opener.
- ✿ fill a blender about half full to allow room for food to spin; check that the lid is on tightly.