

## All About Peaches

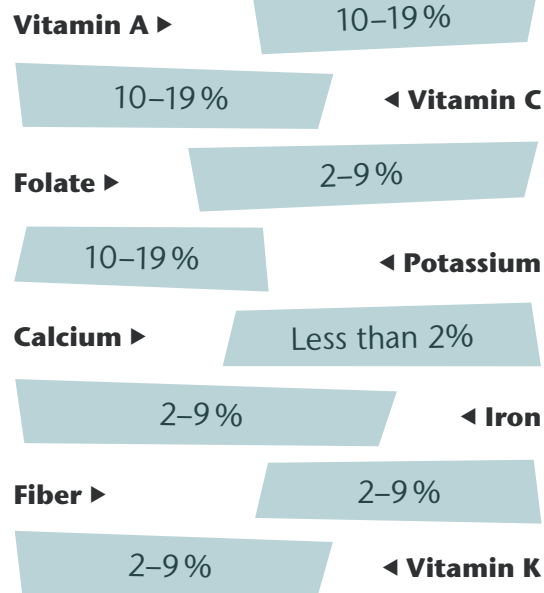
### Seasonal Crop Growth



Adapted from WSU Extension Publication EM057E.

### Nutrient Power Pack

Peaches contain key nutrients that benefit your health. ½ cup provides the following Daily Value (%DV).



ESHA Food Processor 11.2.23; database V 11.2.0 (2016);  
FDA Guidance for Industry Food Labeling Guide (2013)

### Did You Know?

- \* The peach is a member of **the rose family**. When ripe, it has a sweet fragrance.
- \* Originating in China, the peach was once known as the **“Persian apple.”**
- \* Washington is one of the **top four** states in the U.S. to grow peaches commercially.

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More brochures to help you add fruits and vegetables to your diet are available at [wasnap-ed.org/FFF](http://wasnap-ed.org/FFF).



## SNAP-Ed

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Adapted from the WIC and Senior Farmers Market Nutrition Program *Fresh from the Farm* series (2004) by Washington State University's SNAP-Ed Nutrition Education Program. Design by Andrew Mack.

USDA is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, visit <http://foodhelp.wa.gov> or contact the Basic Food Program at 1-877-501-2233.

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## Selecting and Preparing Peaches

- ☞ Look for bright, fresh looking peaches. The skin should be creamy or yellow with varying amounts of red blushing.
- ☞ Avoid shriveled peaches or green coloring which means they are either over- or under-ripe.
- ☞ Store unripe peaches on the counter at room temperature rather than in the refrigerator or in plastic bags.
- ☞ Peaches are delicious fresh or cooked. Sliced peaches can be frozen to use later. Add lemon juice to keep cut peaches from browning.
- ☞ Add fresh peach slices to your yogurt, oatmeal, cereal or to a scoop of ice cream. Use frozen peaches in baked goods, sauces, or smoothies.
- ☞ For a simple smoothie, combine a banana, 2 peaches, ½ cup of canned pears, and 1 cup of low- or non-fat milk in a blender.

## Baked Chicken with Peaches

Makes 2 servings

2 skinless, boneless chicken breasts  
2 tablespoons brown sugar  
1 fresh peach, peeled, pitted and sliced  
Pinch of ground ginger  
Pinch of ground cloves  
½ tablespoon lemon juice  
1 teaspoon cornstarch  
¼ cup cold water

- 1 Pre-heat oven to 350° F.
- 2 Place chicken in a lightly greased baking dish and sprinkle with half of the brown sugar.
- 3 Place peach slices over chicken, then sprinkle with remaining brown sugar, ginger, cloves and lemon juice.
- 4 Place chicken in oven and bake for 30 minutes, or until chicken is cooked through.
- 5 Dissolve cornstarch into cold water. Pour into cooking juices and stir well. When thickened, spoon over chicken.

*Adapted from [www.allrecipes.com](http://www.allrecipes.com)*

## Peach Melba

Makes 2 servings

1 ripe peach, peeled and halved  
½ cup water  
2 tablespoons honey  
1 cup fresh or frozen raspberries  
1 to 2 teaspoons cornstarch  
Vanilla frozen yogurt  
or low-fat ice cream

- 1 In a medium sauce pan combine peaches, water and honey.
- 2 Cook over MEDIUM heat until the peaches are soft, about 5 minutes. Remove peaches with a slotted spoon and set aside to cool.
- 3 In a clean saucepan, combine raspberries and cornstarch, stirring until the cornstarch is dissolved. Cook over MEDIUM heat until mixture thickens, about 3 minutes. Remove from heat and let cool for 10 minutes.
- 4 To serve, top a peach half with a scoop of frozen yogurt or ice cream and a spoonful of warm raspberry sauce.

## Just Peachy! Yams

Makes 4-6 servings

2 sweet potatoes or yams  
1 16-ounce can sliced peaches, drained  
(keep 2 tablespoons of juice)  
¼ cup chopped nuts

- 1 Pre-heat oven to 350° F.
- 2 Microwave yams in a shallow dish for 3 to 4 minutes, until they can be pierced with a fork. Cool slightly, then peel and slice into quarters.
- 3 Place yam pieces in a single layer in a baking dish. Layer peach slices. Drizzle with reserved peach juice. Sprinkle with chopped nuts.
- 4 Bake for 15 to 20 minutes until warmed through.