



# COMMUNITY NEWSLETTER

# PEACHES



Peaches are a stone fruit that grows on trees. They are a member of the Rosaceae family, along with apples, cherries, plums, and strawberries. Peaches are native to China. Peach cultivation dates back to the Neolithic or New Stone Age when people moved beyond hunting and gathering and learned to cultivate plants and raise animals. Peaches were brought to the Americas sometime in the early 1500s. Peaches are a sweet and juicy fruit. Peaches can be consumed fresh, baked, broiled, sautéed, or grilled. Michigan peaches are harvested from early July through mid-September.



## PEACHES ARE

- A good source of vitamin C\*. Vitamin C is important to the body's tissues and supports a healthy immune system.
- A source of fiber. Fiber helps us feel fuller and benefits the digestive and cardiovascular systems.

*\*Foods that are high in vitamin C, calcium and/or iron can help protect you from lead absorption.*

## MICHIGAN MADE

Michigan produces more than 21 million pounds of peaches every year. Peaches grow well on the West, Southwest, and East coasts of Michigan's Lower Peninsula. Babygold, Bounty, Elberta, Flamin' Fury, Frost Proof, Galaxy, June Gold, Red Haven, Vinegold, and Virgil are popular peach varieties grown in Michigan orchards. Berrien and Oceana Counties produce the most peaches for the fresh and processed markets in Michigan.

## FUN FACTS

- Peaches are nearly 90% water.
- There are over 700 varieties of peaches.
- A peach becomes round as it ripens.
- Peaches can have fuzzy or smooth skin. Peaches with smooth skins are called nectarines.
- Peaches are harvested by hand because they bruise easily.
- Peaches develop a gradient of different color shades from white to yellow, orange, pink, red, or purple.
- The popular Red Haven peach is from South Haven, Michigan.
- In Chinese culture, peaches symbolize a long, healthy life and peach blossoms symbolize happiness.
- Yellow peaches are tart and tangy with a yellow coloring around the stem.
- White peaches are mild and sweet with a creamy white coloring around the stem.
- There are three categories of peaches, freestone, semi-free, and clingstone.
- Freestone peaches have stones that are easy to remove from the flesh. Semi-free peaches have stones that are somewhat easy to remove. Clingstone peaches have stones that cling to the flesh.

## BUYING AND STORING

- Select peaches that feel heavy for their size, are creamy white or deep yellow around the stem, smell sweet, and give slightly to pressure.
- Store fresh peaches in a single layer at room temperature. To slow the ripening process, store in the refrigerator for up to five days.
- Wash all fresh fruits and vegetables before using.





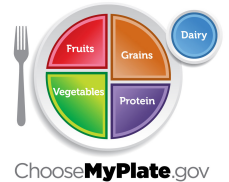
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## MORE THAN FRESH

In addition to fresh, peaches are available juiced, frozen, dried, and canned. When buying packaged peaches, choose items with no added sugar and peach juice that is 100% juice. Always choose pasteurized juice over unpasteurized. Unpasteurized juice can contain harmful bacteria.

## EAT WITH MYPLATE

MyPlate focuses on whole grains, lean protein, low-fat dairy, and half the plate being fruits and vegetables. Peaches are part of the Fruit Group. Most people need 1–2 cups of fruit per day. For more information visit: [myplate.gov](https://myplate.gov).



## IT ALL COUNTS

Fresh, frozen, canned, dried, and 100% vegetable and fruit juices count toward your daily MyPlate goals.

## ZESTY PEACH, CORN, AND TOMATO SALAD

Time: 10 minutes | Makes: 6 servings | Serving Size: About ¾ cup

Nutrition Information Per Serving: Calories 105, Carbohydrate 16g, Dietary Fiber 2g, Protein 2g, Total Fat 5g, Saturated Fat 0.5g, Cholesterol 0mg, Sodium 102mg

Always wash hands before preparing food. Wash all fresh fruits and vegetables before using.



### INGREDIENTS

- |                                   |   |  |
|-----------------------------------|---|--|
| 3 tablespoons apple cider vinegar | ¼ teaspoon pepper                                   | 1 cup sweet corn, fresh or frozen, cooked according to package directions and cooled |
| 2 tablespoons vegetable oil       | 2 medium peaches or nectarines, sliced              | ½ cup onion, sliced thin   |
| 2 teaspoons honey* or sugar       | 1½ cups cherry or grape tomatoes, halved lengthwise | 2–3 tablespoons fresh basil leaves, torn (optional)                                  |
| ¼ teaspoon kosher salt            |   |  |

\*Avoid giving honey to infants under the age of one.

### INSTRUCTIONS

- Whisk together vinegar, oil, honey\* or sugar, salt, and pepper in a serving bowl.
- Add peaches, tomatoes, corn, and onions. Mix gently.
- Top with chopped basil (optional). Serve immediately

### TRY THIS

- Grill halved peaches on the barbeque for a few minutes a side and serve.
- Sauté diced peaches to top pancakes, waffles, oatmeal, or yogurt.
- Add fresh peach puree to iced tea or sparkling water for a refreshing summer drink.

### CHANGE IT UP

- Add fresh mozzarella, Ciliegine or pearls, and swap the apple cider vinegar for balsamic.
- Use chopped cucumbers instead of corn.
- Add chopped avocado, thinly sliced jalapeño, and replace basil with cilantro.