

Harvest of the Summer

Peaches

Nutrition Information

- Peaches are a good source of vitamin C.
- They also provide vitamin A and fiber, and potassium.

Selection and Storage

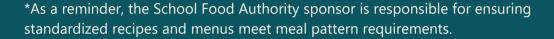
- Pick peaches that smell sweet and feel a little soft when you press them gently. If they feel hard, leave them on the counter for a few days to ripen.
- Skip peaches that look green. A golden yellow color means the peach was picked at the right time.
- Once peaches are ripe, put them in the fridge. They'll stay fresh for about 3 to 5 days.
- Want to ripen peaches faster? Put them in a paper bag at room temperature.
 They'll ripen in a few days.

Fun Facts

- Peaches are part of the rose family, closely related to cherries, plums, and almonds
- They've been enjoyed for thousands of years, with evidence showing they were grown in China around 8,000 years ago.
- In Washington, peaches are grown primarily in warm areas like the Columbia Basin and Yakima Valley, with season running from late June to September.
- The fruit has fuzzy skin, which helps protect it from pests and retains moisture

Recipes*

- Fruit Salsa ICN Recipe Box
- Peach and Yogurt Smoothies ICN Recipe Box (Ages 6-18)
- <u>Peach and Yogurt Smoothies</u> ICN Recipe Box (Ages 3-5)
- Peachy Oatmeal Bake ICN Recipe Box (Ages 6-18)
- <u>Peachy Oatmeal Bake</u> ICN Recipe Box (Ages 3-5)





While there aren't many standardized peach recipes available, peaches are commonly used in smoothies, fruit salads, parfaits, and baked goods. You can create or modify your own peach-based recipe, just be sure to verify its crediting and nutrition info using USDA's Recipe Analysis Workbook (RAW).

Educational Resources

- <u>Peaches Recipes, Newsletters, Coloring Pages, and Other Resources</u> (<u>Spanish</u>) -SNAP-Ed, Food Hero.
- <u>Peaches Handout</u> SNAP-Ed. Virginia Cooperative Extension.
- Grow It, Try It, Like It: Peach Tree Orchard USDA Team Nutrition
- <u>All About Peaches Brochure</u> SNAP-Ed. Washington State University Extension

Sourcing

- Use the <u>Washington Food and Farm Finder</u> to find peaches and other seasonal foods from local producers. Check out the WSDA Finding Farms webpage for additional resources.
- Can't find peaches in your area to feature? Substitute other summer stone fruits like nectarines, apricots, or plums instead.
- Contact OSPI at farmtocnp@k12.wa.us or WSDA at farmtoschool@agr.wa.gov for support finding Harvest of the Month foods.

For more ideas about what items you could feature as a Harvest of the month, visit <u>WSDA's</u> <u>Washington Grown Food & Recipe Kit and USDA's Seasonal Produce Guide</u>.