



# 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)
- [Peach and Yogurt Smoothies](#) – ICN Recipe Box (Ages 3-5)
- [Peachy Oatmeal Bake](#) – ICN Recipe Box (Ages 6-18)
- [Peachy Oatmeal Bake](#) – ICN Recipe Box (Ages 3-5)



\*As a reminder, the School Food Authority sponsor is responsible for ensuring standardized recipes and menus meet meal pattern requirements.

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

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

## Sourcing

- Use the [Washington Food and Farm Finder](#) 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](mailto:farmtocnp@k12.wa.us) or WSDA at [farmtoschool@agr.wa.gov](mailto: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 [WSDA's Washington Grown Food & Recipe Kit](#) and [USDA's Seasonal Produce Guide](#).**