



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 Pork Tacos](#) – ICN Recipe Box
- [Peach and Yogurt Smoothie](#) – ICN Recipe Box
- [Seasonal Fruit and Yogurt Parfaits](#) – ICN Recipe Box



*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

- [Peach Handout](#) - USDA Household Foods List
- [Fruit and Vegetable Nutrition Education Toolkit](#) - Arizona Department of Education
- [Peaches Lesson Plan](#) - Arizona Department of Education (Grades Pre-K-8)
- [Peaches PowerPoint Presentation](#) - Arizona Department of Education

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 other 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 [WSDA's Washington Grown Food & Recipe Kit](#) and [USDA's Seasonal Produce Guide](#).