

Harvest of the Month



August Peaches



Fun Facts About Peaches

Rich in vitamins and minerals - a source of vitamin A, C , and E and a source of fiber

Over 200 varieties of peaches

Originated in China

3 categories of peaches

Peach fuzz is a form of protection

US grows 1.9 billion pounds of peaches annually

Peaches are in season from mid-May through August

Peach pits grow into a new peach tree.

Peaches are best enjoyed when they are perfectly ripe.



Peach Berry Fruit Salad

Ingredients:

2 peaches, sliced or diced
 2 cups strawberries, shaved or sliced
 1 cup blackberries
 1 cup blueberries
 2tbsp. fresh mint, finely shaved or sliced
 2tbsp. Fresh lime juice
 1 tsp. Honey or agave

Directions:

Add peaches, strawberries, blackberries, and blueberries to a large bowl. Sprinkle with fresh mint.

In a small bowl, whisk together lime juice and honey/agave until smooth and dissolved. Drizzle the dressing over the fruit salad. Gently stir (so you don't crush the peaches).

Enjoy right away or store in an airtight container in the fridge 1-2 days. The fruit is delicate and will start to soften right away, so it is recommended eating within 1-2 hours of making for best results.



Peachy Pops

Ingredients:

2-3 peaches, peeled and diced
 2 cups vanilla Greek yogurt
 1/2 tsp. Cinnamon
 3 sheets of graham crackers

Instructions:

Place graham crackers in a plastic bag, seal, and crush with a rolling pin or your hands. Combine peaches, yogurt and cinnamon in a bowl.

