



Peaches

Illinois-grown peaches are available midsummer through the fall.

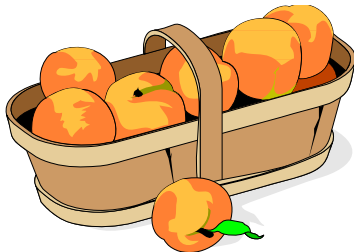
Peaches Are Good for You

Peaches are . . .

- a source of vitamins A & C
- a good source of fiber.

How to Buy Peaches

- Choose peaches with a yellowish golden background color. A red blush does not necessarily mean the fruit is ripe. Peaches should be firm, or “give” slightly at time of purchase.
- Do not buy green, brownish or wrinkled peaches.
- One pound of fresh peaches equals...
2 to 3 medium peaches
2 cups sliced
1½ cups pureed



How to Store Peaches

- Treat peaches gently to avoid bruising.
- If peaches need to ripen, place them in a loosely closed paper bag at room temperature. Check daily. A ripe peach is firm but yields to gentle pressure, and it has a strong, sweet smell.
- When ripe, wash peaches in running water, and if desired, gently rub off “fuzz.” Store in the refrigerator in a plastic bag. Ripe peaches will keep 3 to 5 days in the refrigerator. Serve at room temperature for best flavor.

How to Use Peaches

- If a recipe calls for peeled peaches dip peaches in boiling water for 20 seconds. Remove with slotted spoon and dip in cold water. The skins will come off easily.
 - If peeling or cutting up peaches for a recipe, keep them from turning brown by sprinkling with lemon or orange juice.
 - Sliced or chopped peaches make a great topping on:
 - cereal (hot or cold)
 - grits
 - pancakes or waffles
 - salads
 - plain or vanilla yogurt
 - cottage cheese
 - pudding
 - ice cream or frozen yogurt
- Add a dash of nutmeg or cinnamon for a fancy touch!

Peach Recipes

Fresh Fruit Mixer

Serves 20 or more

This watermelon “boat” will delight children and adults alike!

1 medium watermelon, well-chilled
3 cups seedless green grapes, halved
3 medium peaches, pitted and sliced
4 medium plums, pitted and sliced
2 cups blueberries, 3 bananas, sliced ...or create your own combination of fruits.



Calories: 40 per ½ cup
Fat: 0 grams per ½ cup

Directions:

Wash all fruits well before preparing. Cut thin slice off bottom of melon to make it sit flat. Slice off top ¼ of melon. Carefully scoop out melon and remove seeds. Cut melon into cubes. Cut top edge of melon shell in zigzag fashion; cover shell and refrigerate. Combine cubed melon, bananas, plums, grapes, peaches, blueberries and put into chilled watermelon shell.

Fresh Peach Cobbler

Serves 9

3 fresh peaches, peeled if desired, and sliced (2 cups)
¼ cup sugar
1 Tbsp. lemon juice
1 7-ounce box muffin mix (equals 1⅓ cups)
¼ tsp. ground nutmeg
3 Tbsps. margarine or butter

Calories: 158 per serving
Fat: 0 grams per ½ cup

Directions:

Preheat oven to 375°F. Wash peaches well before preparing. Combine peaches, sugar and lemon juice and pour into 8”x8”x2” baking dish. In a mixing bowl, combine muffin mix and nutmeg, and cut in margarine until it looks like coarse crumbs, the size of peas. Spoon over peaches. Bake 40-45 minutes.

Serve warm or cold.

Peach Bread

Serves 10

If you suddenly find yourself with too many ripe peaches, this is a good solution!

2 to 3 fresh peaches (to make 1 cup finely chopped peaches)
¾ cup sugar
¼ cup margarine
1¾ cups flour (can use whole wheat)
½ tsp. cinnamon
½ tsp. baking powder
½ tsp. baking soda
⅛ tsp. salt
1 egg
½ tsp. vanilla
¼ cup chopped walnuts (optional)

Calories: 191 per slice
Fat: 4 grams per slice

Directions:

Preheat oven to 325°F. Wash, pit and cut up peaches. Chop peaches finely, until consistency of oatmeal.

Cream sugar and margarine. In another bowl, mix together dry ingredients. Add together creamed mixture, dry ingredients, chopped peaches, vanilla and egg. Mix well. Add walnuts. Mix. Pour into greased loaf pan. Bake 55 minutes. Cool 5 minutes and remove from pan. Cool on rack.