What’s Fresh:

Peaches

They’re naturally good!

♦ High in Vitamin C which helps your body heal cuts and wounds.
♦ High in Vitamin A which helps with vision, fights infection & keeps your skin glowing!
♦ Good source of fiber to keep you full longer!
♦ 1 small peach counts = 1/2 cup of fruit

Storage Tips:

Store ripe peaches in a plastic bag in your refrigerator for up to one week.
Put firm peaches in a paper bag at room temperature until ripe.

Healthy & Easy:

Peaches make a great snack eaten out of hand, but are also excellent additions to yogurt, cold or hot cereal or even in a smoothie!

Preparation Tips:

♦ Wash just before using: rinse & pat dry.
♦ Eat whole or cut into slices by cutting around the stone/pit in the middle.
♦ Discard the pit.
♦ Place the flat side of each piece on the cutting board.
♦ Cut into slices of desired thickness. To dice, cut slices cross-wise in the opposite direction.

Ways to eat peaches:

♦ Take them to-go. All though peaches can bruise easily, they are a juicy summer treat!
♦ Add them to smoothies. In a blender, combine 1 cup sliced peaches, 1 banana, 1/2 cup of water, milk or 100% juice, and a handful of ice. Get creative and experiment! Add low-fat yogurt, fresh spinach or kale, and any fresh, frozen or canned fruit you like!
♦ Make a parfait. Top low-fat yogurt with diced peaches, granola & any other fruit you like!
♦ Add them to salads. Add chopped or sliced peaches to green salads for extra sweetness. They go great with dried fruit and nuts. Toss with a simple vinaigrette.
♦ Add them to savory dishes. Peaches pair well with pork, chicken & seafood!
♦ Grill them! Heat grill to medium-high heat, cut peaches into slices or chunks and thread on a skewer. Brush with oil. Grill for 3-4 minutes or until fruit has grill marks. Flip over.
♦ Bake them. Peaches are perfect for cobblers, muffins & cakes.
♦ Broil them. Place 4 peach halves on a broiler pan and brush the cut sides with a little melted butter and sprinkle with sugar & cinnamon. Place under preheated broiler for 5-7 minutes or until sugar is caramelized. For an extra special treat, top with vanilla ice cream!

See more recipes on the back.
**Peaches and Greens Salad**

**Ingredients:**
- 1 Tablespoons honey, maple syrup or sugar
- 1 Tablespoon vinegar
- 1 teaspoon Dijon mustard
- ¼ teaspoon salt
- ¼ teaspoon pepper
- ½ cup oil
- 8 cups torn salad greens (lettuce, spinach, arugula)
- 1 (15-oz.) can peaches, drained & chopped
- ¾ red onion, thinly sliced
- 1/3 cup chopped pecans, walnuts or almonds (optional)
- ¼ cup crumbled or shredded cheese (optional)

**Directions:**
1. In small bowl, whisk together maple syrup/honey, vinegar, mustard, salt, pepper & oil to make a vinaigrette.
2. If using, place nuts in a dry skillet over medium-low heat. Stir with a spatula until nuts are fragrant a slightly toasted. Remove from heat.
3. In a large bowl, toss together the salad greens, peaches, and onion. Sprinkle with pecans and/or cheese, if desired.

**Tropical Salsa**

**Ingredients:**
- 1 (15oz) can peaches, drained & chopped
- 1 (20oz) can pineapple, drained & chopped
- 1 (15oz) can black beans, drained & rinsed
- 1 tomato, chopped
- 1 cup cucumber or bell pepper, diced
- 2 tablespoons lime juice
- 1/4 cup cilantro, chopped (optional)

**Directions:**
1. Combine all ingredients in a large bowl. Squeeze the lime juice over the top and mix together.

**Peach Cobbler**

**Ingredients:**
- 5-6 medium peaches, diced
- ¾ cup brown sugar, packed & divided
- ½ cup whole wheat flour, divided
- ½ teaspoon ground cinnamon
- ¼ teaspoon nutmeg (optional)
- 1 ½ cup oats
- 1/2 stick cold butter, cut into pieces
- Non-stick cooking spray

**Directions:**
1. Preheat oven to 350°F. Grease a 9x9-inch baking dish.
2. In a large bowl, toss together chopped fruit with ¼ cup brown sugar, 1 Tablespoon flour, cinnamon and nutmeg (if using). Mix well. Pour into a baking dish.
3. In a small bowl, mix remaining flour and brown sugar, oats and butter. Mix with hands until crumbly.
4. Sprinkle the oat mixture over the peaches. Bake uncovered for 40 minutes or until top is browned or bubbly.

---

Stretch Your Food Dollars with **FREE Double Up Food Bucks**

When you use your SNAP BRIDGE CARD at participating farmers markets between **June 1-October 31** to purchase SNAP-eligible foods, **Double Up Food Bucks will match what you spend— up to $20, which you can use to buy Michigan grown fruits & vegetables.**

For more info call **866-586-2796** or visit [www.DoubleUpFoodBucks.org](http://www.DoubleUpFoodBucks.org)

---

*Recipe from Share Our Strength's Cooking Matters™*