

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.

See recipe on the back.



- ◆ **Add them to salsa.** Or make your own! *See recipe on the back.*
- ◆ **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 →



Make it a meal!

RECIPES

Peaches and Greens Salad

Ingredients:

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

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:

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

Directions:

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

Peach Cobbler*

Ingredients:

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

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