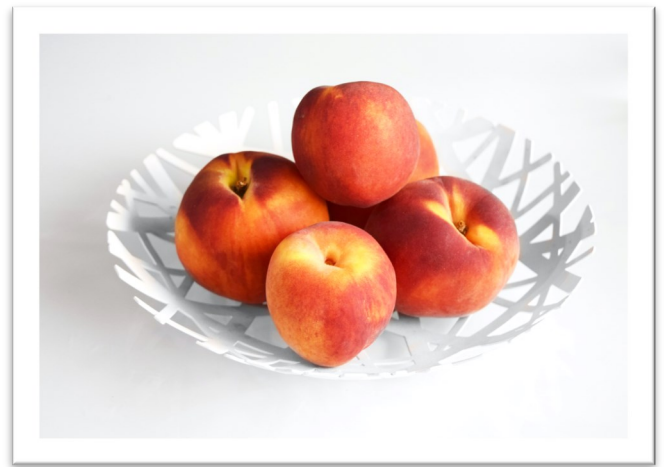


# Peaches

Summer



## General Information

Botanically they are known as drupe (stone fruit), they are pollinated by honey bees. Their skin color is yellow or cream, sometimes blushed with red, depending on the variety.

Peaches originally came from China and have been grown for thousands of years, coming to the new world during the 1600s. In the US, peaches are commonly grown in California and southern states (i.e. Georgia).

There are two main types of varieties:

- Freestone – the flesh does not stick to the pit, so it is easy to remove the pit by hand. These varieties are usually sold fresh.
- Clingstone – the flesh “clings” or sticks to the pit. These are usually used for canning.

## Health Benefits

- Great source of vitamin A, C, and E.
- Provides at least 1/3 of fiber intake recommendations.

Rich in antioxidants and phytonutrients, that may reduce the risk of certain diseases.

## Storing & Cooking Information

**Handling:** Choose peaches that smell sweet and are slightly firm. Look for fruits that have a bright yellow background (not red).

**Storing:** Keep cool and store in fridge for up to week when ripe. If not ripe, place in a paper bag at room temperature until ripe.

**Tips:** 1/2 of medium peach accounts for about 1/2 cup of fresh fruit. You can buy peaches fresh, canned or frozen. Peaches are usually enjoyed raw. Fresh peaches are a great snack. Add peaches to cereal, smoothies and fruit salads. Peaches can also be baked or grilled.

# Peach Cobbler

**Yield:** 1 serving

**Cook time:** 15 minutes

## Ingredients

- 1/2 Cup **unsalted butter**
- 1 Cup all purpose **flour**
- 2 Cups **sugar**, divided
- 1 Tbsp **baking powder**
- 1 Cup **milk**
- 4 Cups fresh **peaches**, sliced
- 1 Tbsp **lemon juice**
- Pinch of salt
- Ground cinnamon or nutmeg (optional)



## Preparation

1. Melt butter in a 13- x 9-inch baking dish.
2. Combine flour, 1 cup sugar, baking powder, and salt; add milk, stirring just until dry ingredients are moistened. Pour batter over butter (do not stir).
3. Bring remaining 1 cup sugar, peach slices, and lemon juice to a boil over high heat, stirring constantly; pour over batter (do not stir). Sprinkle with cinnamon, if desired.
4. Bake at 375° for 40 to 45 minutes or until golden brown. Serve cobbler warm or cool.