

Reasons for the Seasons

Produce Tips for Placer & Nevada County Consumers

Local Season-
June thru
September



PEACHES

Peaches are one of the most versatile summer fruits. They can be served for breakfast, lunch or dinner. Peaches can be baked, broiled, poached, sauced, preserved, pickled, frozen — or just eaten as they are.

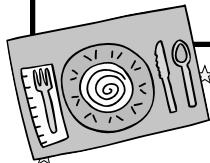
Nutrition Benefits

Peaches are:

- ◆ Good source of vitamin C
- ◆ Good source of vitamin A
- ◆ Low in sodium
- ◆ Low in calories

Serving Tip

- ◆ Eat ripe peaches just as they are. Nothing is better than a ripe summer peach.
- ◆ Slice peaches and serve over grilled meats.
- ◆ Slice peaches and serve with frozen yogurt for a refreshing summer dessert.
- ◆ Blend fresh peaches with ice, yogurt and 100% fruit juice for a breakfast smoothie.



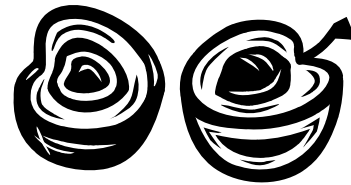
Tips for Good Nutritional Habits

- Introduce the five food groups (Vegetables, Fruits, Grains, Protein, and Dairy) which make up *MyPlate*. Encourage children to eat a variety each day.
- Allow children to explore their senses, while learning about food. Let them touch, smell, see, and taste different types of foods.
- Talk about how we need to eat healthy foods for our bodies to grow big and strong. Review which foods are healthy (fruits and vegetables) and which are not so good for us (chips and cookies).
- Educate children on the importance of being physically active, along with eating well. Tell them it is good for their heart to exercise.

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Locally Grown Varieties

Alamar, June Lady, Red Haven, Babcock, Cardinal, Elberta, Fay Elberta, O'Henry, Rio Oso Gem, Elegant Lady, J. H. Hale, Kim Elberta, Springcrest, Silver Logan, Forty-Niner, and others.

Clingstone:	Flesh firmly attached to the stone
Freestone:	Flesh easily separated from the stone
Semi-Freestone:	Flesh clings to the pit (<i>early ripening Freestone</i>)

Shopping Tips

Peaches are picked when mature, but not completely ripe. The ripening can be completed at home after purchase.

- ✓ Select firm to slightly softened fruit with yellow-orange skin and a red blush.
- ✓ When selecting white-fleshed varieties, look for pale white skin and a pink blush.

Handling and Storage

Pay close attention to how peaches are handled after they are purchased. Storage depends upon how the fruit is to be used.

- ◆ Ripe peaches lose quality quickly, especially when it's hot out.
- ◆ To ripen peaches, keep at room temperature for one to four days. To hasten ripening, place fruit in a slightly open paper bag or in a fruit bowl at room temperature. Fully ripe peaches should be used or refrigerated. They will keep refrigerated for one week.



Preparation

- ◆ **Fresh:** Besides eating them "as is," fresh peaches can be used in a variety of ways. They are great added to a green salad, topped with ground ginger, or grilled to accompany a variety of meat dishes.
- ◆ **Home processing:** Peaches lend themselves to home processing. Firm, ripe peaches are best for canning, pickling, and freezing. Soft-ripe peaches are best for jams, preserves, and drying.

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PEACH CHICKEN SALAD

(4 SERVINGS)

INGREDIENTS:

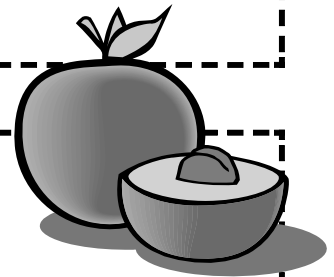
- 3 medium fresh peaches, peeled and cubed
- 2 cups chicken breast, cooked and cubed
- 1 medium cucumber, seeded and chopped
- 3 tablespoons red onion, finely chopped
- 4 lettuce leaves

DIRECTIONS:

1. In a large bowl, combine the peaches, chicken, cucumber and onion; set aside.
2. In a blender, combine the vinegar, lemon juice, sugar, mint, salt and pepper; cover and process until smooth.
3. Drizzle over chicken mixture; toss to coat. Cover and refrigerate until chilled. Use a slotted spoon to serve on lettuce-lined plates.

MINT VINAIGRETTE:

- 1/4 cup white wine vinegar
- 1 tablespoon lemon juice
- 1/3 cup sugar
- 1/4 cup minced fresh mint
- 1/4 teaspoon salt
- 1/8 teaspoon pepper



PEACH SALSA

(4 SERVINGS)

INGREDIENTS:

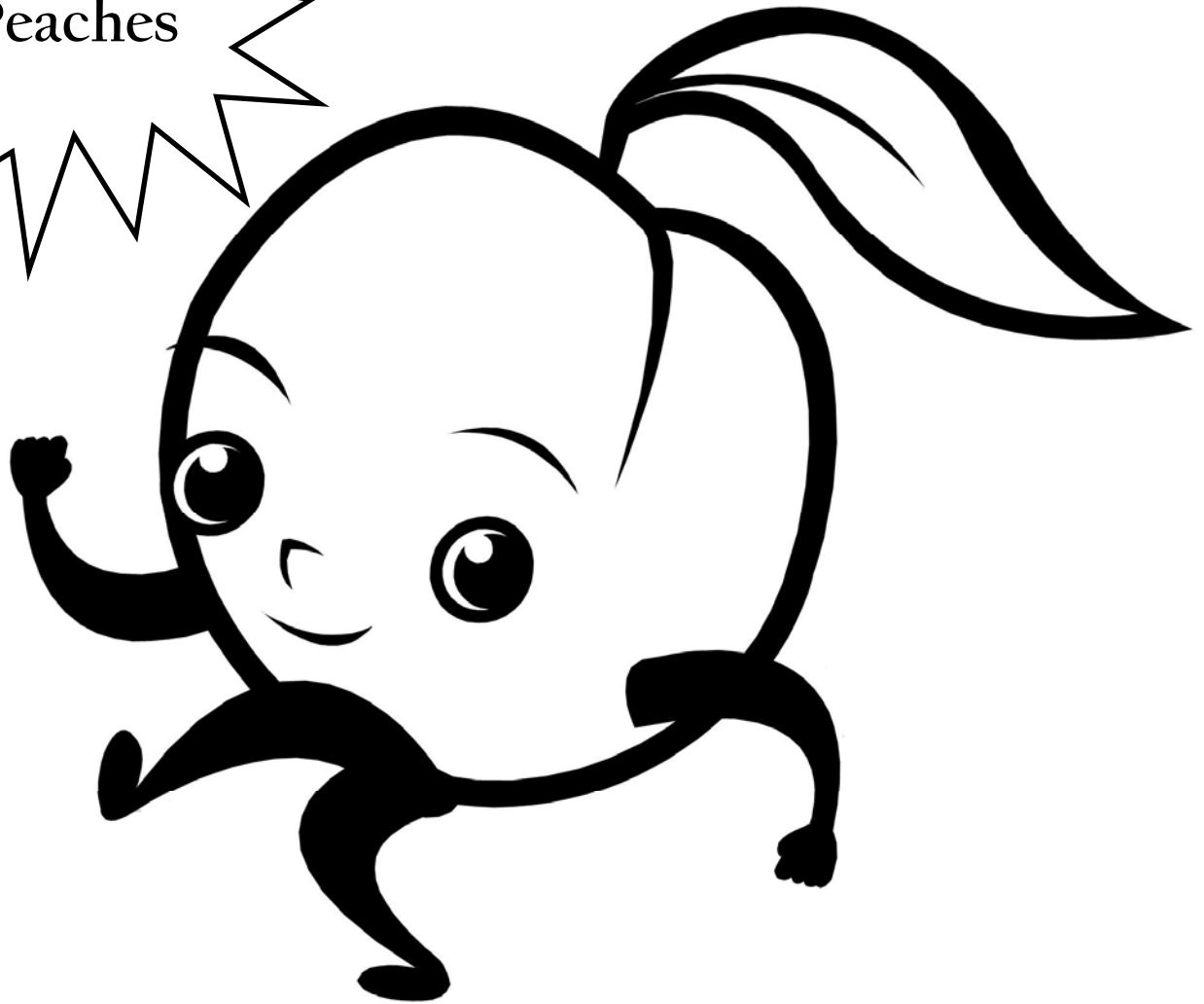
- 2 cups fresh peaches, chopped
- 1/4 cup sweet red or bell pepper, chopped
- 1/4 cup onion, chopped
- 2 tablespoons orange juice
- 1 tablespoon fresh cilantro, minced
- 2 teaspoons lime or lemon juice
- 1/4 teaspoon salt

DIRECTIONS:

1. In a bowl, combine salsa ingredients; cover and refrigerate until serving.
2. This salsa is great served over grilled meat, chicken or fish.

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Coloring Activity Page for Kids



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