



PEACHES

DID YOU KNOW?



In 1995, the peach became the official GA state fruit. Three months later, the U.S. Postal Service released a 32-cent peach stamp.



August is national peach month!



Fresh Georgia peaches are only available 16 weeks each year, from mid-May to mid-August.



The peach is a member of the rose family and should have a pleasingly sweet fragrance when ripe.



Peaches are the third most popular fruit grown in America.



What better place to enjoy the fresh taste of peaches than in the Peach State!

PEACHES

— FRESH AND HEALTHY —

Peaches have a great combination of flavor and nutrition. This fruit can be enjoyed alone or served in an array of other dishes such as appetizers, entrees, and desserts.

Try a fresh Georgia peach today!

Best Time to Buy:
May - August

Peaches Benefit U!

- Good source of vitamin C & potassium
- Source of vitamin A
- Low in calories & fat
- No sodium, cholesterol or saturated fat

Medium peach = 60 calories



Add Color to Your Meal

- Eat fresh as a sweet snack
- Add to a leafy green salad
- Blend in your favorite smoothie
- Grill lightly sprinkled with brown sugar
- Bake in bread, muffins, cobblers or pies

PEACH

RECIPE CORNER

Peach Salsa

2 cups peeled & chopped peaches
3/4 cup chopped red bell pepper
1/4 cup seeded, chopped cucumber
1/4 cup sliced green onion
2 tablespoons honey
2 tablespoons lime juice
1 tablespoon finely chopped cilantro

Combine all ingredients. Cover & chill for several hours, stirring occasionally. Complement your chicken or pork with this tasty, tangy salsa.



Nutrition Facts	
Serving Size 1/8 of Recipe 68 g (68 g)	
Servings per container 8	
Amount Per Serving	
Calories 38	Calories from Fat 1
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 2mg	0%
Total Carbohydrate 10g	3%
Dietary Fiber 1g	4%
Sugars 8g	
Protein 1g	
Vitamin A	15% • Vitamin C 39%
Calcium	1% • Iron 1%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4
©www.NutritionData.com	

FAST FACTS

SELECTION

Choose peaches with firm, fuzzy skins. Select well-ripened fruit and handle carefully to prevent bruising.

STORAGE

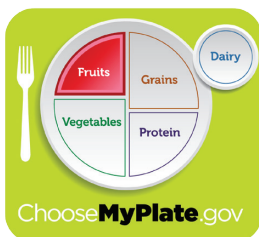
Place unripe peaches in a paper bag. When ripe, store at room temperature for use within 1-2 days.

PREPARATION

Before eating or cooking rinse in cold water. To peel a peach, dip into boiling water for 30 seconds, then in cold water. The peeling should slide off easily. Note: To keep peaches from darkening, add lemon juice or ascorbic acid.

PRESERVATION

Sugar Pack Freezing: To prevent browning, sprinkle ascorbic acid dissolved in water over the peaches before adding sugar. Add 2/3 cup sugar to 1 quart peaches and mix thoroughly. Stir until most of the sugar is dissolved or let stand 15 minutes. Put into containers, leaving headspace. Seal and freeze.



Released by Family & Consumer Science Agents:
Lisa D. Jordan, Chatham County
Janet Hollingsworth, Southeast District PD

Edited by:

Judy Harrison, Ph.D., Professor of Foods and Nutrition/Extension Foods Specialist
Gail M. Hanula, Ph.D., R.D., L.D., Extension Nutrition Specialist/EFNEP Coordinator
Dr. Alison Berg, RD, LD, Assistant Professor Foods and Nutrition Extension
Nutrition and Health Specialist

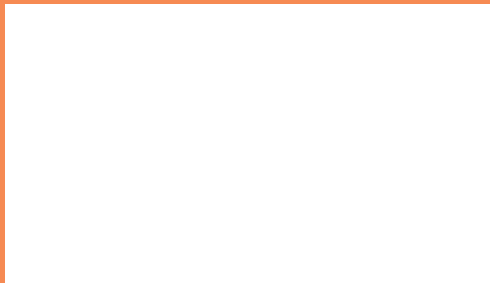
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