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 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
**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.

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**Nutrition Facts**

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>Calories</th>
<th>Calories from Fat</th>
<th>Total Fat</th>
<th>Saturated Fat</th>
<th>Trans Fat</th>
<th>Cholesterol</th>
<th>Sodium</th>
<th>Total Carbohydrate</th>
<th>Dietary Fiber</th>
<th>Sugars</th>
<th>Protein</th>
<th>Vitamin A</th>
<th>Vitamin C</th>
<th>Calcium</th>
<th>Iron</th>
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<tbody>
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<td>1/8 of Recipe</td>
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<td>0%</td>
<td>1g</td>
<td>0g</td>
<td>0g</td>
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<td>2%</td>
<td>39%</td>
<td>2%</td>
<td>1%</td>
</tr>
</tbody>
</table>

*Percent Daily Values are based on a 2,000 calorie diet.

Nutrition and Health Specialist

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**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.

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**For more information contact:**

1.800.ASK.UGA1