

## Special points of interest:

- Learn about the history of peaches!
- Discover ways to enjoy peaches!
- Get tips on selecting the best peaches!

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# Nutrition Notables

Volume 3, Issue 8

August 2010

## National Peach Month

August is national peach month and it's easy to see why. Everywhere in the grocery stores, farmers markets, and roadside stands are wonderful Georgia and South Carolina peaches. While Georgia may be the peach state, they are not actually native to the United States. Interestingly, they are the oldest cultivated fruit in the world. Peaches were originally grown by the Chinese. Even today China is still the largest producer of peaches in the world (Italy is second). Due to trade they slowly made their way into the Middle East. Because they grew so well there in the hot climate, they were once called "Persian apples". Peaches were finally brought to the United States in the 1500's by the Spanish. And California is giving Georgia and South Carolina a run for

their business. Today, California produces 50% of the peaches eaten in the US.

Wild peaches are actually small, sour and very fuzzy. They are a member of the rose family. The Chinese slowly bred them into the juicy, sweet peaches we know today. And there are multiple varieties available. There are freestone (pit comes out easily), clingstone (pit difficult to remove from flesh) and semi-freestone. Semi-freestone are usually available late April to mid-June. Freestone and Clingstone are available mid-June to June to July in southern US and July to August in northern US.

Peaches also come in two colors: yellow and white. White peaches are typically sweeter than yellow peaches.



We often select peaches based on color, but keep in mind that the red color is not actually a sign of ripeness. Instead it's like a suntan on a peach; the redder the peach skin, the more sun it got.

In Chinese folklore, peaches were believed to have the power of immortality. Really, it's no wonder. Fresh peaches are a good source of potassium, vitamin A, and Vitamin C, and a medium peach has all that and only about 60 calories.

With all that wonderful nutrition and delightful sweet taste, grab yourself a peach and enjoy!





## Fire up the Grill!

*"An apple is an excellent thing -- until you have tried a peach." - George du Maurier (1834-1896)*



## Discover Ways to Enjoy Peaches!

### Recipe Box– Grilled Peaches

To grill peaches, select peaches that are just barely ripe. If they are too ripe they will fall apart on the grill.

Wash your peaches, cut them in half and remove the pit.

Preheat the grill and make sure that the grate is clean. Peaches will easily pick up flavors of other foods that were cooked on the grill. For instance, if last

time you grilled it was hamburgers, if you don't clean the grill, you're likely to have hamburger flavored peaches.

You can marinate the peaches, if you desire, in balsamic vinegar, cinnamon, vanilla, other fruit juices, etc. to create different flavors for your peaches. Or you can grill them plain. It just depends on how adventurous you're feeling.

Put a bit of oil on the grate so the peaches will not stick. Place the peaches on the grate flat side down. Cook for about 3-4 minutes and then turn. Cook another 3 to 4 minutes.

Remove from grill. Serve them hot with ice cream, non-whipped topping, over angel food cake, etc. Enjoy!

### Tips for Selecting Peaches

Wondering how to tell which peaches are ripe? Here's some great tips from the California Tree Fruit Agreement Website: ([www.eatcaliforniafruit.com](http://www.eatcaliforniafruit.com))

Yellow peaches will yield slightly to gentle palm pressure when ripe. If you like them more tart, select firmer peaches.

White peaches are sweeter

than yellow peaches and can be eaten still firm and crunchy.

**Color & selection:** The red color on a peach does not indicate ripeness. Instead, look for a uniform yellow background color, (golden yellow on yellow peaches, creamy yellow on white peaches) with no green around the stem.

#### Ripening & refrigeration:

Don't plan to eat your peaches right away? Pick out firm peaches and then allow them to ripen and soften at home at room temperature in a paper bag. Once the peach is as ripe as you would like, put them in the refrigerator. Ideally, peaches should not be stored in the refrigerator for more than a day or two.

### Just Peachy Additions!

Peaches are great to eat fresh, and of course, there's pies and cobblers. However, there are many other ways to enjoy them too. Below is just a few:

- Slice peaches and add to cereal, or put on top of pancakes or waffles.
- Mix peaches in low fat yogurt or cottage cheese.
- Combine peaches and other fresh fruits into a fruit salad and use as a dessert or appetizer before dinner. Keep it tasty and brightly colored by adding a bit of concentrated orange juice.
- Make a peach smoothie with yogurt or milk, ice and peaches in a blender for breakfast or a snack.
- Bake, grill, or broil and serve as part of your meal or as dessert. If you decide on dessert, you can top with non-fat whipped topping.
- As a dessert, cut it fresh and add to angel food cake or over low-fat frozen yogurt
- Puree together with balsamic vinegar or low sodium soy sauce to make a sauce for meats.
- Dried peaches can make a great addition to trail mix instead of other dried fruits.