

BETter Living ...

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Peaches

Who likes a sweet, juicy peach? Peaches are a great summer fruit. August is National Peach Month. A large peach will provide 19% Vitamin C, 11% Vitamin A, & 10% potassium of your daily needed intake. In addition, a peach will provide 3 grams of Fiber. There are many ways you can enjoy a peach.

Selecting peaches can sometimes be a challenge. You want to select a peach with an under color of deep yellow or a creamy white, depending on the variety. Green indicates immaturity. The peach should be firm to touch and never hard. A mature peach will yield to gentle hand pressure. You should never squeeze a peach as it can bruise very easily.

Avoiding over-ripe, bruised, or wrinkled peaches is the key to selecting an amazing peach.

Storing peaches in the correct location is very important to ensure you have a tasty peach. To ripen peaches, you can either store them in a dish on the counter for a day or two or you can place them in a single layer in a paper sack. If peaches are stacked on one another, then they will bruise more easily.

Ripe peaches can be stored in the refrigerator up to a week. Peaches taste the best when at room temperature, so take them out of the refrigerator about an hour before you want to eat it. The room temperature will help enhance the flavor.

When you are ready to eat your peach, rinse it with cool water.

I hope you enjoy the recipe below and you eat a mouthwatering peach during National Peach Month!

Peach Crisp

Source: Ohio State University Extension, Family and Consumer Sciences Fact Sheet

Filling:

5 cups sliced fresh peeled peaches

2 tablespoons sugar

1 tablespoon lemon juice

¼ teaspoon cinnamon

Topping:

½ cup quick-cooking rolled oats

¼ cup flour

¼ cup packed brown sugar

½ teaspoon cinnamon

3 tablespoons butter or margarine

Toss peaches with sugar, lemon juice, and cinnamon. Place in a 2 quart shallow, greased baking dish. Combine oats, flour, sugar, and cinnamon. Cut in butter or margarine until small particles are formed. Sprinkle topping onto peach mixture. Bake 45 minutes in a 350 degree F oven.
Makes 6-8 servings