



PEACHES

Description

Peaches are in season June – October in Missouri. Peaches contain vitamins C and potassium. Vitamin C is an antioxidant that may play a role in reducing the risk of heart disease and certain cancers. Potassium plays a critical role in maintaining blood pressure.

Selection

Choose peaches that are mostly firm with a little give. Ripe peaches will have a darker color. A ripe peach will also have a strong peach aroma. Avoid those that have shriveled skin.

Storing

Peaches can be stored at room temperature for 2-4 days to ripen if needed. Once ripened, they can be stored in the refrigerator.

Preparing

Wash under cool, running water and gently scrub dirt from the skin with your hands. Peaches should be served at room temperature for best taste. Peaches can be grilled or baked and are also a common ingredient in sweet spreads, sauces, and smoothies.

Recipe of the Month

Baked Peaches

Ingredients:

- 2-3 ripe peaches
- 1½ Tbsp olive oil
- 1 Tbsp pure maple syrup
- ¼ cup chopped pecans
- ½ tsp vanilla extract
- 1 tsp ground cinnamon
- 2 Tbsp light or dark brown sugar

Directions

1. Preheat oven to 350 degrees. Grease the bottom of a 9 x 9 baking dish or pie plate.
2. Wash peaches. Cut in half and remove the pit. Place in the baking dish with cut side up.
3. In a mixing bowl, combine all other ingredients and spoon the mixture over the peaches.
4. Bake peaches covered for 10 minutes. Remove cover and bake for an additional 10-15 minutes or until fork tender. Peaches can also be broiled for an additional 1-2 minutes if desired.
5. Serve warm, topped with vanilla Greek yogurt or light ice cream.

Nutrition Facts

Serving Size 1 cup raw
peach slices (154g)

Amount per serving
Calories **60**

		% Daily Value*
Total Fat	0.4g	1%
Saturated Fat	0g	0%
Trans Fat	0mg	
Cholesterol	0mg	0%
Sodium	5mg	0%
Total Carbohydrate	15g	5%
Dietary Fiber	2g	7%
Total Sugars	13g	
Includes Added Sugars	0g	0%
Protein	1g	
Vitamin D	0mcg	0%
Calcium	9mg	1%
Iron	0.4mg	2%
Potassium	292mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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For more information, call MU Extension's Show Me Nutrition line at **1-888-515-0016**.

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