

PEACH



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GROWING

In the United States, most peaches are grown in California and the southern states, but also in Colorado. Georgia is known as the "Peach State." Peaches are picked from trees and are available throughout the summer.



SELECTING

There are two main types of peaches: freestone (fruit does not stick to pit) and clingstone (fruit sticks to pit). Pick peaches that are slightly soft to the touch, with deep colors and free of bruises, dents or damage from bugs.



STORING

To maximize freshness, store your peaches in a refrigerator. Cut off any bruised areas and wash before eating. If they get too soft to eat, consider cooking or freezing them.



BODY

Peaches are full of vitamins, minerals, fiber, phytochemicals and antioxidants. These help your body to work properly and prevent diseases. Peaches are also high in Vitamin C, which helps to heal cuts and wounds. Peaches are a type of fruit. You should eat at least 1-2 cups of fruit per day for a healthy diet.



KITCHEN

Peaches can be eaten whole, chopped, sliced, fresh or cooked. Also, they can be frozen to use later. Tip: For a tasty treat try grilled peaches.



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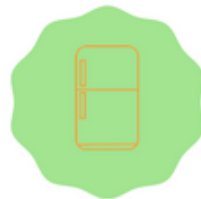
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DID YOU KNOW?

PEACHES ORIGINALLY CAME FROM CHINA AND HAVE BEEN GROWN FOR THOUSANDS OF YEARS. IN THE EARLY 1600'S, SPANISH EXPLORERS BROUGHT PEACHES TO THE NEW WORLD.

YOGURT BERRY PARFAIT

Prep time: 5 minutes

Makes: 4 servings

Ingredients

2 cups yogurt (low-fat or fat-free, plain or vanilla)
1 cup banana (sliced)
½ cup blueberries (fresh)
½ cup peaches (fresh, sliced)
(other optional fruit: raspberries, strawberries and/or mangos)
1 cup granola

*If you prefer, try non-dairy based yogurts in place of traditional

Directions

1. Line up 4 parfait or other tall glasses.
2. Spoon about 1/4 cup of yogurt into each glass.
3. Top with about 1/4 cup of fruit.
4. Next, sprinkle with 2 tablespoons of granola.
5. Repeat the process.

Nutrients

Calories 304 Total Fat 9 g Saturated Fat 2 g Cholesterol 6 mg Sodium 89 mg Total Carbohydrate 46 g Dietary Fiber 5 g Total Sugars 30 g Protein 11 g Vitamin D 40 IU Calcium 240 mg Iron 2 mg Potassium 613 mg

Recipe from What's Cooking USDA Mixing Bowl

<https://whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/yogurt-berry-parfait>



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