



Helping Mississippians live happier, healthier lives!

PEACHES

Peaches are soft fruits that make an excellent snack when consumed whole, chopped,



or sliced. Peaches can be added to smoothies, muffins, pancakes, and breads. Peaches can help increase fiber consumption.

SELECT

- Select gold to yellow peaches that are soft and slightly give when squeezed.
- Handle peaches gently because bruised peaches will spoil faster.
- Select whole peaches in season from June to September.
- Canned or frozen peaches are available year-round.

STORE

- Unripe green peaches will be firm and hard when squeezed and should be kept on the counter at room temperature to ripen.
- Keep ripe peaches in the fridge and use within a few days.
- Peaches can be frozen to extend their usage.
 - Toss peach slices in lemon juice to prevent browning, and spread them on a baking sheet. Place the sheet in the freezer. Remove from the freezer when slices are frozen. Store in a freezer-safe container or resealable bag in the freezer for up to 12 months.
- Thaw in the refrigerator when ready to use or use frozen.



PREPARE

- Rinse under running water before using.
- Peel if desired or eat the peel for additional fiber.
- Cut the peach in half by cutting around and removing the pit. Cut into sections just before serving.

BENEFIT

- Peach peels are an abundant source of fiber and vitamin C.
- Vitamin C helps build your body's natural immunity to sickness.



FUN WITH FOOD

CHILDREN CAN HELP:

- Select peaches at the grocery store or farmers market.
- Add precut slices to breakfast cereal or oatmeal.



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FRUIT SALSA

- 1 pound strawberries
- 2 peaches
- 8 ounces blueberries
- 3 tablespoons sugar-free strawberry preserves
- You can use other fruits, depending on what is fresh or on sale. Or choose the fruits your family likes best. Other good fruits to use are apples, blackberries, raspberries, grapes, and melon.

1. Wash your hands well with soap and warm water for at least 20 seconds.
2. Rinse all the fresh fruit with cool water. Drain in a colander.
3. Peel the peaches and remove the pits.
4. Cut all the fruit into small pieces.
5. Put the fruit into a large bowl.
6. Add the strawberry preserves to the fruit.
7. Stir gently until the fruit and the preserves are mixed well.
8. Serve with [HappyHealthy Baked Tortilla Chips](#).
9. Refrigerate any leftovers within 2 hours.

LEARN MORE:

► For more information on how to store and freeze fruits and vegetables, visit: <http://happyhealthy.extension.msstate.edu/tips-videos>



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KALE SALAD

- 1 bunch kale
- 1 15-ounce can peaches in 100% juice
- 1 tablespoon vegetable oil
- 1 tablespoon apple cider vinegar
- ⅓ cup 100% fruit juice (from the canned peaches)
- ¼ teaspoon salt
- ¼ teaspoon pepper
- ¼ cup parmesan cheese, grated

1. Wash your hands well with soap and warm water for at least 20 seconds.
2. Wash kale and pat dry with paper towels.
3. Remove stems, stack and roll leaves, and finely chop. Add to a large bowl.
4. Drain fruit, reserving the juice, and cut into bite-size pieces.
5. Add fruit pieces to the kale.
6. Combine oil, apple cider vinegar, 100% fruit juice, salt, and pepper in a small bowl and mix well with a fork.
7. Add the dressing mix to the kale and fruit; mix the salad with tongs.
8. Add parmesan cheese; then place the covered bowl in the refrigerator to chill for at least an hour. Toss before serving.
9. Refrigerate any leftovers within 2 hours.

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