

# Peach

Peaches are about the size of a baseball. Their skin color is yellow or cream, sometimes blushed with red depending on the variety. The skin is slightly fuzzy. The flesh inside is usually yellow, but depending on the variety may also be white. An oval pit in the center needs to be removed before eating.

## Nutrition Facts

- Fat free
- Cholesterol free
- Sodium free
- Good source of vitamin C
- High in vitamin A

## VARIETIES

There are two main types of varieties:

- Freestone – the flesh does not stick to the pit, so it is easy to remove the pit by hand. These varieties are usually sold fresh.
- Clingstone – the flesh “clings” or sticks to the pit. These varieties are usually used for canning.

Nectarines are a type of peach



## USES

You can buy peaches fresh, canned or frozen. Peaches are usually enjoyed raw.

Fresh peaches are a great snack. Add peaches to cereal, smoothies and fruit salads. Peaches can also be baked or grilled..

*In the United States, most peaches are grown in California and the southern states. Georgia is known as the “Peach State.” Peaches are available almost all year.*



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# Selection

When selecting fresh peaches, look for ones that are soft to the touch, blemish free, and have a fragrant smell. Peaches that are mildly fragrant ripen into sweet and delicious flavors.

Choose fruit that has a background color of yellow or cream and has a fresh looking appearance. Peaches may have some red "blush" depending on the variety, but this isn't a sign of how the fruit will taste after it's ripened.

At home peaches can be ripened at room temperature in a brown paper bag in 2 to 3 days. Peaches are highly perishable, so don't buy more than you plan to use.

When selecting can peaches, choose those labeled "packed in it's own juice" and "no added sugar"; these are the healthier choices.

# Storage

The best way to ripen stone fruit is to place the fruit in a paper bag, fold the top of the bag over loosely, and place the bag on the counter for one to three days. Never store hard fruit in the refrigerator, in plastic bags, or in direct sunlight.

Check the fruit daily. When it is ripe, it will be aromatic and will give slightly to gentle pressure. Once ripened, it can be stored in the refrigerator for about a week.

# Preparation

Wash peaches carefully in cool soapy water, then rinse well before eating or using.

Unless a recipe calls for it, you never need to peel the fruits; in fact, many of the nutrients found in stone fruits are contained in the peel, and it's highly recommended that the peel be consumed along with the flesh. If used in cooking they peel really fast if blanched in boiling water for a minute then plunged into ice water to cool.

In fruit salads or platters, sprinkle cut peaches with lemon juice to help them keep their great color.

# Peach Salsa

**Makes 6 servings**

## Ingredients:

- 2 cups diced peeled peaches
- 1 cup diced tomatoes
- ½ cup thinly sliced green onions (scallions)
- ¼ cup diced sweet red bell pepper
- 2 Tablespoons lime juice (about 1 medium lime)
- 1 to 2 teaspoons finely minced hot or mild chile pepper, or to taste
- 1 Tablespoon chopped fresh cilantro
- Dash garlic powder
- 1 Tablespoon unsweetened orange juice, optional
- Dash freshly ground black pepper

## Directions:

Combine peaches, tomatoes, green onion, sweet red pepper, lime juice, hot or mild chile pepper, cilantro, garlic powder, orange juice (if using) and ground black pepper.

Refrigerate for 1 hour to blend flavors.

Serve with low-fat tortilla chips or with grilled chicken or pork.

## Nutrition Facts

Serving Size 1/2 cup (112g)	
Servings Per Container 6	
Amount Per Serving	
<b>Calories 35</b>	Calories from Fat 0
% Daily Value*	
<b>Total Fat 0g</b>	<b>0%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 0mg</b>	<b>0%</b>
<b>Total Carbohydrate 9g</b>	<b>3%</b>
Dietary Fiber 2g	6%
Sugars 6g	
<b>Protein 1g</b>	
Vitamin A 15%	Vitamin C 35%
Calcium 2%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

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