



Kitchen Tips for Peaches

MO Grown Produce

In Season in Missouri:	June - August
Quality:	Choose firm peaches that give to a little gentle pressure. Choose a peach that has a strong sweet smell.
Storage:	Store ripe peaches in plastic bag in refrigerator up to 5 days. Peaches that are not yet ripe should be kept at room temperature for ripening.
Food Safety:	Rinse with cool water when ready to use.
Yield:	For 50, ¼ cup servings, you need 5 pounds of fresh, whole peaches.
Preparation Tips:	Rinse peach when ready to use. Cut in half to remove pit. Eat whole like an apple or cut into slices.
Kid-Friendly Serving Ideas:	<ul style="list-style-type: none"> • Serve fresh peach slices with yogurt for dipping and sprinkled with cinnamon. • Top pancakes with chopped peaches. • Add peach slices to cold or hot cereal.
Nutrition:	Peaches are a sweet treat with a sweet scent that provide vitamin A, potassium, magnesium and fiber.

Fun Fact # 1:

The largest peach on record weighed 1.6 pounds and was picked in Michigan.

Fun Fact #2:

Georgia is known as the "Peach State" but it is actually 3rd in the line of largest peach producers behind California and South Carolina.

