

Peaches



Fun Facts: Peaches are the ninth most-frequently eaten fruit in the U.S. In ancient China, peaches were a symbol of long life and immortality. Peaches, which may be a cross between nectarines and almonds, used to be called Persian apples.

Selecting Fresh Peaches: Choose bright, fresh-looking peaches that smell "peachy." Look for ones that have a smooth skin and a creamy or yellow color with red blush or mottling. The crease should be well defined and run from the stem end to the point. Ripe peaches yield to gentle palm pressure. Avoid peaches that are hard and green, brownish, excessively soft, bruised, or shriveled, or that have tan circular spots.

Measuring Fresh Peaches

1 pound = 2 to 4 medium whole = 2 cups sliced = 1 1/2 cups pureed
1 cup sliced = about 6 ounces by weight = about 175 grams

Handling, Ripening and Preserving: Cover and refrigerate (preferably at 32° F.) ripe unwashed peaches in a single layer. To ripen: store in a single layer along with one apple at room temperature in a loosely closed paper bag and check them daily. High heat causes peaches to become dry and mealy, and exposing them to the sun will make them shrivel. Peaches may be frozen: peel, cut into halves or slices, pack into containers, and cover with a mixture of 1 teaspoon ascorbic acid added per quart cold water, leaving 1/2 inch of air space before sealing with a lid. Note: To make the peel slide off easily, put it in boiling water for 30 seconds, remove, and put it in cold water immediately. Peaches peeled using this method taste slightly cooked.

Preparation and Serving: Rinse peaches under cold running water to remove fuzz and dirt. Cut off bruises and decay. Remove the pit. Delicious fresh! Or slice and enjoy with foods you already eat, such as yogurt, cheese, cereal, pancakes, salads or desserts. Use as directed in a recipe. To keep peaches from darkening after slicing, sprinkle with lemon juice, orange juice or ascorbic acid powder.

Nutrition Facts: Serving Size = 1/2 cup sliced fresh peaches. Calories 37; Protein 1 gram; Carbohydrates 9 grams; Fat 0 grams. Peaches contribute vitamins A and C, fiber and potassium to the diet.

References: ESHA Food Processor; www.aboutproduce.com; www.oznet.ksu.edu/library/fntr2/mf1182.pdf; www.urbanext.uiuc.edu; www.griffin.peachnet.edu/caes/gapeach/; www.eatcaliforniafruit.com/0401a.html; www.fda.gov/fdac/special/foodlabel/raw.html

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