

Quick Bites



Now is the time to enjoy peaches! Their season starts in July and goes through September. This fruit contains many nutrients especially vitamins A and C, and they're an excellent source of fiber. How do you know when a peach is ripe? Listen to your nose. A peach is ripe when it smells "peachy". Store ripe peaches in the refrigerator for up to 5 days. If you don't notice a delicious, peachy fragrance, let the peach ripen at room temperature then enjoy or store in the fridge.

Peach Cooler

- 2 cups 1% low-fat milk
- 1 cup canned peaches (drained, or 1 cup of sliced fresh peaches)
- 1/2 teaspoon lemon juice
- Dash of nutmeg (optional)

1. Clean work area with warm, soapy water. Wash hands with soap and warm water for 20 seconds.
2. Put the first three ingredients in a blender. Blend well.
3. Sprinkle with nutmeg, if you like.
4. Serve cold.

Makes 2 servings

Source: <https://www.myplate.gov/recipes>

Makes 8 servings

Nutrition Facts

servings per container
Serving size (322g)

Amount per serving
Calories 130

% Daily Value*

Total Fat 2.5g 3%

Saturated Fat 1.5g 8%

Trans Fat 0g

Cholesterol 10mg 3%

Sodium 105mg 5%

Total Carbohydrate 20g 7%

Dietary Fiber 1g 4%

Total Sugars 18g

Includes 0g Added Sugars 0%

Protein 9g

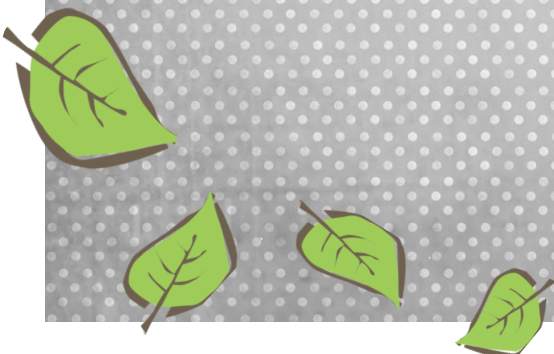
Vitamin D 0mcg 0%

Calcium 310mg 25%

Iron 0mg 0%

Potassium 514mg 10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Tips That Make Cents

- Make tasty salads using leftover vegetables, fruit, meat, or cereal.
- Make iced tea from scratch. Premade iced tea in jugs is expensive; iced tea in bottles is even more expensive.
- Know when not to use the list. Take the farmers' market approach with fruits and vegetables. Buy what is fresh, cheap, and in season. Adjust your menu to fit these finds.
- Don't go down every aisle when you shop.
- Know when to stick to the shopping list. The only time to go off the list is when you can get a good buy such as store sales and double coupon offers.

FUN PEACH FACTS!

- 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 which have smooth skin and no fuzz.
- In the US, most peaches are grown in California and the southern states. Georgia is known as the “Peach State”.
- Peaches originally came from China and have been grown for thousands of years. In the early 1600s, Spanish explorers brought the peach to the new world.
- Peaches are available fresh, canned or frozen. Enjoy them fresh, baked or grilled!



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