



Seasonal Eating

Peaches

TIPS, BENEFITS AND RECIPES FOR
LATE-JULY FARMERS MARKET FINDS

Easy Peachy Summertime Smoothie

1 cup peeled and sliced fresh peaches
*1 frozen banana, cut into 2" chunks**
1/2 cup plain yogurt

Place peaches, banana and yogurt in a blender. Puree until smooth. Serve immediately.

**The use of frozen fruit means there is no need for ice. To freeze bananas, wrap in parchment paper and store in freezer bags.*

Makes two 10 oz. servings.

Benefits of eating peaches:

Packed with antioxidants.
Great source of vitamins A and C, potassium and fiber.

(www.usda.gov)



Tips for selecting peaches:

Select peaches that have a sweet scent and are tender when gently squeezed. Choose fruits that are free from blemishes and bruises.