

PEACH

The peach tree is native to Northwest China. It is the same species of tree as the nectarine! Peaches were first brought to the Americas by Spanish explorers in the 1500s.

lovin'
spoonfuls
a food rescue



RECIPE IDEAS

- POPSICLES
- PARFAIT
- SLICED IN A SALAD

BEST COOKING METHODS

- BAKED
- ROASTED
- RAW
- GRILLED

STORAGE

- CRISPER DRAWER, UP TO 5 DAYS WHEN RIPE
- CAN BE SLICED AND THEN FROZEN!

TIPS

- NO NEED TO PEEL! WASH, AND RUB OFF FUZZ WITH PAPER TOWEL IF YOU DESIRE.
- GO WELL WITH ALMONDS

NUTRITION

- GOOD SOURCE OF: VITAMIN C, A, AND BETA-CAROTENE

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PEACH YOGURT PARFAIT

- 6 ounces of yogurt
- 1-3 peaches
- ½ cup of granola or crunchy cereal
- (optional, maple syrup)

CUT PEACH INTO THIN SECTIONS. LAYER GRANOLA, THEN PEACH, THEN YOGURT IN A TALL GLASS. REPEAT UNTIL GLASS IS FULL. ENJOY!

PEACH AND CORN SALAD

- 2 ears of corn, kernels shaved
- 2 sliced peaches
- 1½ tbs. balsamic vinegar
- 1 tsp. maple syrup or honey
- 3 tbs. Olive oil
- Mixed greens
- Sliced almonds or other nut
- Goat cheese or other soft cheese

SHUCK (REMOVE OUTER LEAVES), SHAVE KERNELS OFF COB, AND MICROWAVE FOR 3 MINUTES TO COOK. WHISK TOGETHER BALSAMIC, MAPLE SYRUP, AND OIL. SEASON TO TASTE WITH SALT & PEPPER. TOSS VINAIGRETTE WITH GREENS, CORN, AND PEACHES. TOP WITH NUTS AND DESIRED AMOUNT OF CHEESE.

