

# HARVEST of the MONTH PEACHES



We are featuring fresh, healthy, locally grown peaches in school lunches this month. Can you taste the difference?

August is National Peach Month - a great time to enjoy Massachusetts grown peaches! Peaches have high levels of antioxidants and are a great source of Vitamins A, C, & E. A large peach has fewer than 70 calories and contains 3 grams of fiber.

## Healthy Serving Ideas

- Dice peaches and add them to pancake batter.
- Blend peaches with equal parts yogurt or milk or orange juice with a touch of honey for a refreshing summer smoothie.
- Make a peach salsa with red onions, jalapeño, cilantro, lime juice and salt - eat with chips or over grilled chicken.
- Peel and chop fresh peaches, and freeze them in a single layer on a baking tray to enjoy after the season is over.

## Where to Pick Your Own Peaches (and Other Fruit) in Massachusetts

Many orchards in Massachusetts allow the public to come to the farm and pick their own peaches. A great list and map can be found at <http://goo.gl/cwdLF1>.

## Food Sources

Free Summer Meal Sites  
<https://meals4kids.org/summer>

Buy Local Directories  
[www.massfarmtoschool.org/covid-19-buy-local-directories](http://www.massfarmtoschool.org/covid-19-buy-local-directories)

## At Home Activity: Make Peach Sorbet!

- 4 medium peaches
- 2 tablespoon honey
- 1 tablespoon lemon juice

1. Slice and freeze peaches.
2. In a blender or food processor, combine peaches, honey, and lemon juice. Process until smooth. Depending on your blender or food processor, you may need to add a little bit of water.
3. Eat immediately for a softer texture, or transfer into a freezer container, cover and freeze for 3-4 hours or until firm.

Source: [SuperHealthyKids.com](http://SuperHealthyKids.com)

## Harvest of the Month Book Club

Elementary: *Alicia's Fruity Drinks* /

*Las Aguas Frescas De Alicia* by Lupe Ruiz-Flores

Middle: *Nitty Gritty Gardening Book* by Kari Cornell

High School: *Recipes for Respect* by Rafia Zafar



MASSACHUSETTS



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## Peach Purchasing Pointers

Look for peaches with firm, fuzzy skins that yield to gentle pressure. Avoid peaches with brown spots.

Store unripe peaches in a paper bag to speed up ripening.

When ripe, store at room temperature and use within 1-2 days.



Look for our September newsletter featuring tomatoes next month!