

# HARVEST of the MONTH PEACHES



Harvest of the Month promotes a different MA-grown crop from local farms each month in school cafeterias across the state. To learn more, visit: [massfarmtoschool.org/hotm](http://massfarmtoschool.org/hotm)

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.

### Fun Facts

The peach is a member of the rose family.

The United States provides 25% of the world's supply of fresh peaches.

Peaches symbolize immortality & unity in the Chinese culture.

### Where to Find Local Peaches

MassGrown Map (MDAR)  
<https://massnrc.org/farmlocator>

### At-Home Activity: Make Peach Sorbet!

4 medium peaches  
2 tablespoon honey  
1 tablespoon lemon juice  
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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

Gr. K-5: Harvesting Friends by Kathleen Contreras  
Gr. 6-8: Return to Sender by Julia Alvarez  
Gr. 9-12: Eat Less Water by Florencia Ramirez



Thank you to Blue Cross Blue Shield of Massachusetts and the Massachusetts Department of Agricultural Resources for helping make Harvest of the Month possible.

### 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.

September Preview: Tomatoes!