



# Produce Spotlight on PEACHES



**Peaches**, a stone fruit grown on trees, are a great source of vitamin C, which helps the body fight infection and heal wounds. Peach skin can be eaten and is full of fiber, which helps the digestive system.

## Serving Ideas

- Add peaches to yogurt, cold cereal, or oatmeal to add sweetness and flavor.
- Grill fresh peach halves for a fancy dessert.
- Freeze cut-up peaches and add them to a breakfast smoothie.
- To keep peaches from browning, dip cut peaches in water with lemon juice.

## Peach Math

One pound of peaches =  
about 3 to 4 medium peaches or  
2 cups of  
sliced peaches



## Shopping for Peaches

When shopping for peaches, look for round, tennis-ball-sized peaches with a smooth skin and creamy gold to bright yellow color. Avoid peaches that have shades of green around the stem, a sign they were picked too early. When ripe, they have a slight “give” or softness and sweet smell. Handle peaches gently because they bruise easily. Bruised areas will spoil more quickly. Look for fresh peaches from July to September, when they are at their peak quality.

## Common Types

**Clingstone** (peach flesh sticks to the pit) – smaller, juicier, multicolored, with a semi-sweet flavor. Found in farmers’ markets, but mostly used for commercial canning and preserving.

**Freestone** (the pit is easily removed) – large, firm texture, low sugar content, less juicy, many varieties with white or yellow flesh. Eaten fresh and popular for baking, canning, and freezing.

**Semi-freestone** (a hybrid of both) – the pit is easy to remove and has the juiciness of the clingstone peach.

## Storage and Preparation

- For the best flavor and texture store peaches at room temperature until ripe. Ripen in a loosely closed paper bag. When ripe, refrigerate in a plastic bag with holes to prevent moisture. Use within a few days.
- Wash peaches before using by gently rubbing under cool running water.
- For longer storage, freeze washed and cut-up peaches on a baking sheet. When firm, transfer to a freezer bag or container. Label and date. For the best quality, use within 12 months. Thaw in the refrigerator.

## Using Locally Grown Produce

Visit the UMass Extension Nutrition Education Program’s [website](http://www.mass.gov/massgrown) featuring recipes using fruits and vegetables. To locate places to buy local produce, visit [www.mass.gov/massgrown](http://www.mass.gov/massgrown).

