

WHAT'S FRESH

# Peaches

Peaches are the most sweet and juicy in Georgia during the summer months. They have strong antioxidant properties as well as anti-inflammatory abilities that fight disease, so grab some and enjoy!

## Quick Tips:

- Store whole unripe peaches on the counter, stem side down to ripen them. Once ripe, store in the fridge to keep longer.
- Need ripe peaches quickly? Put them in a paper bag overnight with a ripe banana to speed up the process!
- Cut peaches should be kept in the refrigerator.
- You can freeze sliced peaches by placing them on a baking sheet in a single layer to freeze overnight. Transfer to a freezer bag and keep for up to 1 year.

## How to pit and cut peaches:

Wash your peaches by rinsing under water before eating or cutting. Remember, the thinner the slice the smaller the dice.



### 1. Cut around the pit

Keeping the knife stiff, roll the fruit to cut around the pit. Follow arrow.



### 2. Roll and repeat

Turn the peach and repeat step 1; like cutting it into quarters.



### 3. Remove the pit

Twist the whole quartered peach—the quarters will separate from the pit easily.



### 4. Slice

Place peach quarter flat side down on the cutting board. Make cuts from top to bottom through the fruit to get the size slice of your choice.



### 5. Chunk

Follow steps 1-3 to cut quarters. Place a peach quarter flat side down on the cutting board and cut into 2 or 3 pieces across the middle.



### 6. Dice

Follow quarter steps 1-4 to make slices. Then, rotate the slices and cut into small pieces.

## Ways to eat peaches:

**Eat whole:** Peach skin is edible, be sure to wash it before you take a bite, just like an apple!

**Grill peach halves:** Remove the pit and brush each cut side with olive oil. Grill cut-side down, over medium heat, for 4 to 5 minutes. Flip the peaches and cook until tender, 4 to 5 minutes.

**Freeze:** Add peach chunks to a smoothie, fruit salad or yogurt parfait.

**Make jam:** Remove the skin and pit, finely chop and cook over medium-high heat with sugar and lemon juice to create a delicious topping!

**Bake:** Cut peach in half, remove the pit and add cinnamon on top. Bake in the oven at 375°F for 8-12 minutes until golden.

**Sauté:** See recipe on back.

Add diced peaches to yogurt or salads.

Try them on toast with ricotta cheese or on a sandwich or salad.



SERVES  
4

# Peach Glazed Chicken

## Directions:

1. Heat a large skillet over medium-high heat. Swirl 2 tablespoons of the oil around in the pan to coat it.
2. Season chicken with 1/4 teaspoon of salt and pepper.
3. Add chicken to the hot pan and cook for about 7 minutes per side, or until internal temperature reaches 160°F and is golden brown. Remove chicken from skillet and set aside on a plate, cover with foil to keep warm.
4. Using the same skillet, add onion and garlic; cook for 1 minute or until lightly golden.
5. Add vinegar, mustard, 1/4 teaspoon salt and peaches; reduce heat to medium-low and cook 10-12 minutes or until peaches are softened.
6. Return chicken to skillet and heat just until warm, spoon sauce over the meat.

## Ingredients

**Peaches** - 4 medium size [ripe]  
**Chicken** - 1 lb.  
 [boneless, skinless chicken thighs]  
**Canola Oil** - 2 tablespoons  
**Onion** - 1/2 cup [sweet or red]  
**Apple Cider Vinegar** -  
 2 tablespoons  
**Mustard** - 2 teaspoons  
**Sugar** - 1/2 tablespoons  
**Salt** - 1/2 teaspoon  
**Black Pepper** - 1/4 teaspoon  
**Garlic** - 3 cloves

**Canned or frozen peaches can be used in place of fresh peaches. Look for peaches canned in juice, not syrup, and drain the juice.**

**Add red pepper flakes if you like spicy flavors.**

**Try serving over pork loin or steak.**

**Serve with a green vegetable side like green beans or salad for a well-rounded meal.**



SERVES  
6

# Peach Salsa

## Directions:

1. Wash all produce.
2. Following the guide on the front page, remove the pits from the peaches.
3. Dice the peaches and onion.
4. Mince the garlic and jalapeño pepper.
5. Chop the cilantro.
6. Mix all ingredients together in a large bowl. Add salt & pepper to taste.
7. Chill and enjoy!

## Ingredients

**Peaches** - 4 [ripe], diced  
**Lime Juice** - 2 tablespoons  
**Red Onion** - 1/2 onion  
**Garlic** - 3 cloves, minced  
**Cilantro** - 1 cup, chopped  
**Jalapeño Pepper** - 1 pepper  
 [seeded & minced]  
**Salt and Pepper to taste.**

**Best when chilled. Serve with tortilla chips for a snack or use in place of salsa on tacos.**

**Makes a great topping for grilled meats.**

**If you like more spicy flavors, keep the jalapeno seeds. If you like a more mild flavor, remove the seeds.**

**Cover and refrigerate when done, it tastes even better the next day!**