

PEACHES



Nutrition & Storage

*Michigan-grown peaches
are available during*
AUGUST AND SEPTEMBER

GOOD FOR YOU

Fresh, juicy peaches are delicious and nutritious! *They are a good source of calcium, potassium, beta-carotene, and vitamins C, K, and A.*

Make them last

- Select fruits that are not bruised or damaged and always handle with care
- Ripen peaches by placing stem side down at room temperature
- Store in the refrigerator to slow ripening
- Gently rinse in cool water before using

How much?

1 lb = three medium peaches (2 cups, sliced)

1 lug (22 pounds) = 16 to 24 pints frozen
or 7 to 11 quarts canned

1 bushel (48 pounds) = 32 to 48 pints frozen
or 16 to 24 quarts canned



PEACHES

Pick some for later

Peaches perish quickly, so freezing, canning or drying are essential for longer-term storage. To quickly freeze peaches, simply peel and slice, then place in a single layer on a cookie sheet in your freezer. Once frozen, seal slices in an airtight container or bag.

For additional freezing and canning instructions, visit http://msue.anr.msu.edu/resources/michigan_fresh_peaches

Peach Crisp

SERVES 6

INGREDIENTS

4	peaches (4 cups sliced)	1/2 c	sugar
		1/4 c	flour
2 T	margarine	2 t	cinnamon
3/4 c	quick-cooking oats	1 t	lemon juice

PREPARATION

1. Preheat the oven to 375 °F.
2. Spread the peach slices on the bottom of a baking pan.
3. In a saucepan, melt the margarine.
4. In a small bowl, mix everything but the peaches. Stir until the mix is well blended.
5. Sprinkle the oat mix on top of the peaches.
6. Bake for 20 minutes.

For more recipes, visit www.canr.msu.edu/mi_fresh/ or Health4U.msu.edu



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