



Peaches

Peaches are a delicious summer treat that is as great on its own as it is in recipes.



Nutrition

- Nutritionally, one medium peach contains around 60 calories, 15g carbohydrates, and 2g fiber.
- Peaches contain vitamins and minerals, including vitamin C, folate, and potassium.
- Like many fruits, peaches are not a significant source of fat, protein, or sodium.



Price

- Fresh peaches average \$1.68 per pound. A pound is around 3 medium peaches.

Based on fruit and vegetable prices from U.S. Department of Agriculture



Shopping

- For fresh peaches, look for those that are firm, without broken skin or wrinkled or soft spots.
- For canned and plastic-packed cups of peaches, buying varieties packed in 100% juice reduces added sugars. Canned "lite" peaches often have alternative sweeteners added, if that is a concern for you.
- Frozen peaches are commonly sold plain, without added sugar.



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Storage

- Fresh peaches are often sold under-ripe. Ripen them at room temperature until the peaches start to smell sweet and are soft when pressed gently.
- Once ripe, eat them soon, refrigerate to add a few extra days to their storage, or see the Preserve section for tips on longer storage.



Eat

- Enjoy peaches raw as a snack, pureed into dishes like smoothies, on salads, and in hot and cold desserts.
- For peaches that become mealy when ripened, use in a recipe where the texture doesn't matter, like a smoothie or muffin.



Preparation

- Wash fresh peaches under cool water before eating.
- Remember there is a pit inside each peach. Some peaches twist off their pits easily ("freestone"), while others tend to cling to the pit ("clingstone"). Cut around the pit on clingstone peaches as best you can.
- **Preserve:** Find instructions for canning and freezing peaches, making spreads like jam and marmalade, and a Peach Apple Salsa from the National Center for Home Food Preservation: nchfp.uga.edu.



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