

# FRUIT/VEGETABLE OF THE MONTH!

## SEPTEMBER'S FEATURED FRUIT IS THE PEACH

### PEACH FACTS:

Peaches are stone fruits called drupes. They are known for their sweet taste and soft texture.

The peach was first grown in the north-western region of China around 6000 BC. The Persians were the first to transport the peach tree to the West. The peach was also called the Persian apple.

The peach is considered one of the 20 essential foods for a healthy life. The peach is thought of as a symbol of longevity and good luck.

Georgia is known as the "Peach State". Every year, the world's largest peach cobbler, 11 feet by 5 feet, is made in Georgia.

### HEALTH BENEFITS OF EATING PEACHES:

Peaches are rich in many vitamins and minerals, and are packed with antioxidants.

#### Eating peaches may:

- Aid digestion by moving food through your gut, reducing the likelihood of constipation
- Improve heart health by lowering blood pressure and cholesterol levels
- Protect your skin by maintaining moisture and protecting against sun damage
- Prevent certain types of cancer by limiting the formation, growth, and spread of cancerous cells
- Lower your immune system's response to allergens
- Help your eyesight due to the antioxidant, beta-carotene

### Ways to Enjoy Peaches:

- Take a bite and enjoy
- Peach salsa
- Cobbler
- Peach preserves
- Peach smoothie
- Grilled peaches
- Add to cereal, pancakes, waffles, yogurt, cottage cheese, or a salad

### RECIPE: FRESH PEACH SALSA

#### Ingredients

- 2-3 ripe tomatoes, diced
- 1 bell pepper (4 oz), seeded and finely diced
- 1 or 2 jalapeños, seeded and finely diced (optional)
- 1 medium onion, finely diced
- 3-4 ripe peaches, diced
- 1/2 bunch cilantro, chopped
- 2 Tbsp lime juice
- 1 1/2 tsp salt, or to taste
- 1/4 tsp freshly ground black pepper or to taste

#### Directions

1. Dice tomatoes and transfer them to a large bowl.
2. Finely chop seeded bell pepper, onion, and jalapeños. Transfer all your veggies to the bowl.
3. Dice the peaches into bite-size pieces. No need to peel them. You won't notice the peels and the color is prettier with the peel on. Transfer peaches to your bowl.
4. Add 1/2 bunch chopped cilantro, 2 tablespoons lime juice, 1 - 1/2 teaspoon salt, and 1/4 teaspoon pepper. Add more salt and pepper to taste if desired. Mix everything together until well mixed and enjoy!

