

Peaches



Selecting

There are many, many different varieties of peaches but most of them are quite similar. Newer varieties have been developed that are larger, firmer and have a more acidic taste.

Two new, unusual varieties now in your supermarket are the white peach and donut peach. White peaches have a pale white flesh and skin that is creamy white with splashes of pink. They are sweeter than regular yellow fleshed peaches. The donut peach is flat with rounded sides. It has a yellow skin with a red blush.

Choose ripe peaches that are firm but yield to pressure along the seam. The fruit should also have a nice 'peachy aroma'. You should select peaches that have a creamy or yellow background on their skin.

Peaches do not ripen once picked. So, avoid any peaches that have a green colour on their skin, as that would signal the fruit was picked too early. It will be unripe and will not have much flavour.

Storing

Firm peaches can be stored at room temperature for a day or two to soften them.

If you purchased a basket of peaches, remove them from the basket and store in a single layer. Peaches that are ready to eat should be stored uncovered in the fridge, and they will keep for about a week.

If you can't use all of the peaches you purchased, freeze them to use in cooking.

Preparing

Peaches just need to be washed before eating as is. If you choose to peel or slice peaches, just brush with fresh lemon juice to prevent them from browning.

Eating

There are so many ways to enjoy a peach. You can certainly enjoy them raw, include in a green salad or fruit salad, add to a curried chicken dish or a peach pie.

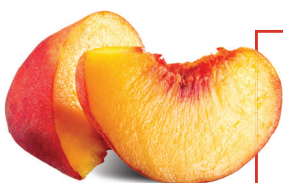
Seasonality

Local peaches are available in June, July and August though that will vary depending on what part of the country you live in.

You can find imported peaches almost all year in the supermarket, but the flavour is definitely the best when you can purchase local peaches.

Nutrition

A medium peach has only 38 calories. Peaches are a source of Vitamin C and fibre.



Here is a wonderful salad recipe that incorporates grilled peaches.
www.halfyourplate.ca/recipe/grilled-peach-and-greens-with-yogurt-dressing/

