

AUGUST IS FOR CELEBRATING PEACHES!

The Okanagan is renowned for its sweet, succulent, summer peaches. We even have a town named Peachland!

Nothing says “summer” better than the juice of a fresh peach running down your chin! This fuzzy fruit is a great source of Vitamin A, Vitamin B, Vitamin C and is low in calories and free of cholesterol, sodium and fat.

Peaches are categorized based on the relationship between the pit and the peach flesh. In other words, how well the flesh attaches to the pit. There are three different types, clingstone peaches, freestone peaches, and even semi-cling peaches. Clingstone peaches are sweeter and juicier making them the best for canning and making desserts. Freestone are perfect for baking and snacking.

There are 29 varieties of peaches grown in British Columbia. The most common varieties you will find are Early Red Haven, Glow Haven, White Lady, and Red Hale. Some peaches are yellow fleshed while others are white and all are delicious!

When selecting peaches, typically the sweeter their smell, the riper they will be. You can tell a peach is ripe and ready to eat when you press down on its flesh and feel it slightly give. Peaches continue to ripen after they are picked, so if your peaches are too firm, try setting them on your countertop in a brown paper bag for a few days.



Did you know the only difference between a peach and a nectarine is the texture of their skin? You might say that nectarines are actually just bald peaches!

Slice it!

Peel and slice peaches, sprinkle a bit of sugar on the cut peaches and enjoy!

Blend it!

Toss fresh or frozen peaches into a blender with low-fat yogurt, bananas and ice for a perfect smoothie.

Top it!

Add sliced peaches to hot or cold cereals, pancakes and waffles, yogurt or cottage cheese.

Grill it!

Drizzle peach halves with olive oil and grill cut side down for 5 minutes then flip for another 5 minutes.

CAMPFIRE PEACH MALLOWS

Ingredients

- 1 peach
- $\frac{1}{8}$ cup mini marshmallows
- 1 tbsp butter (optional)
- 1 tsp cinnamon
- Handful of any additional toppings (berries, chocolate chips, coconut, peanuts, etc)

Directions

- Slice peach in half and fill with butter and marshmallows
- Sprinkle both halves with cinnamon
- Wrap peaches in tin foil and cook over a campfire for 3-5 mins
- Unwrap and dig in!

PEACH SALSA

Ingredients

- 3 large peaches, diced
- $\frac{1}{2}$ red onion, finely diced
- $\frac{1}{2}$ red bell pepper, finely diced
- 1 medium tomato, finely diced
- 1 jalapeno, finely diced
- $\frac{1}{4}$ cup - $\frac{1}{2}$ cup chopped cilantro
- $\frac{1}{4}$ cup fresh lime juice
- $\frac{1}{4}$ tsp salt and pepper
- $\frac{1}{4}$ tsp chipotle powder (optional)

Directions

- Dice peaches, tomato, onion, bell pepper, jalapeno and cilantro and add to a medium bowl.
- Add lime juice, salt and pepper, gently toss to combine.
- Adjust lime and salt to taste
- Add chipotle powder starting with $\frac{1}{4}$ tsp
- Taste and adjust to personal preferences. You want a delicious balance between sweet, salt, lime and heat.
- Serve with chips, in tacos, or over fish or grilled chicken.

*Peach salsa is best served right away or within a few hours of making.

