

IN SEASON

June - August

How to Select

Choose peaches that are plump, fragrant & give a little with pressure. Trust your nose—a ripe peach smells sweet!

How to Store

Store unripe peaches in a closed paper bag on the counter. They should ripen within a couple of days. When ripe, store at room temperature up to 1-2 days or in the fridge up to 1 week.

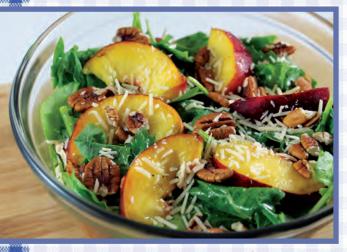
HELPFUL TIP

Use peaches in a variety of ways: fresh, grilled, frozen, baked or diced! Eat peaches at room temperature for sweeter flavor.





PEACHY PECAN SPINACH SALAD



Nutrition Fa	cts Criffed
Serving size: 1/4th recip Servings Per Recipe 4	e (153g)
Amount Per Serving	
Calories 230 Calories from Fat 180	
	% Daily Value
Total Fat 20g	30%
Saturated Fat 2g	10%
Trans Fats 0g	
Cholesterol 0mg	0%
Sodium 25mg	1%
Total Carbohydrate 13	ig 4 %
Dietary Fiber 1g	15%
Sugars 8g	
Protein 3g	
Vitamin A 60% V	itamin C 30%
Calcium 4%	Iron 8%

10 MIN | SERVES 4

INGREDIENTS:

- 4 cups baby spinach
- · 2 PEACHES, wedged
- 1/2 cup pecans
- · 1 lemon, juiced

- · 2 Tbsp olive oil
- 1/4 tsp pepper
- 1/2 cup shredded parmesan cheese

PREPARATION:

- 1. In a large bowl, add spinach, peaches & pecans. Mix well.
- 2. In a small bowl, combine lemon juice, oil & pepper. Mix well.
- 3. Stir in dressing with salad. Mix well.
- 4. Top with cheese & serve immediately. For a more intense flavor, refrigerate 1-2 hours before serving.

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