



Peaches

What is in it for you?

Peaches support healthy gums, skin and teeth. In fact one medium-sized peach:

- Is a good source of vitamin C
- Contains many minerals, including potassium, calcium, iron and magnesium

Produce Tips

- Choose peaches that are sweet-smelling and firm to slightly soft when pressed
- Look for fruits with a bright yellow background
- Store ripe peaches in a plastic bag in the refrigerator for up to 5 days



Serving Ideas

- Slice peaches onto cereal, oatmeal, pancakes or waffles
- Top grilled chicken or fish with a peach salsa
- Toss grilled peaches in a salad
- Top sliced peaches with low-fat yogurt and low-fat granola for a treat

Fun Facts

- The United States is the world's leading grower of peaches.
- The peach tree originated in western China about 4,000 years ago.
- In World War I, peach pits were used as filters in gas masks.



Market Basket of the Month is coordinated by the Community Health Improvement department of WellSpan Health.

For additional serving tips and recipes, go to www.wellspan.org/marketbasket.org or scan the code.

