

# HARVEST of the MONTH PEACHES



Harvest of the Month promotes a different MA-grown crop from local farms each month in school cafeterias across the state. To learn more, visit: [massfarmtoschool.org/hotm](http://massfarmtoschool.org/hotm)

August is National Peach Month - a great time to enjoy Massachusetts grown peaches!

## Healthy Serving Ideas

**Peach Pancakes:** Dice peaches and add them to pancake batter.

**Peach Smoothie:** Blend peaches with equal parts yogurt, milk or orange juice. Add a little honey for a refreshing summer smoothie.

**Peach Salsa:** Chop peaches, red onions, jalapeño, cilantro, lime juice and salt. Mix well. Eat with chips or your favorite grilled meat or fish.

**Freeze Peaches:** Peel and chop fresh peaches, and freeze them in a single layer on a baking tray to enjoy after the season is over.

## Fun Facts

- The peach is a member of the rose plant family.
- The United States of America provides 25% of the world's supply of fresh peaches.
- Peaches are a symbol of immortality & unity in Chinese culture.

## At-Home Activity: Make Peach Sorbet!

- 4 medium peaches
- 2 tablespoon honey
- 1 tablespoon lemon juice
- .....

1. Slice and freeze peaches.
2. In a blender or food processor, combine peaches, honey, and lemon juice. Process until smooth. Depending on your blender or food processor, you may need to add a little bit of water.
3. Eat immediately for a softer texture, or transfer into a freezer container, cover and freeze for 3-4 hours or until firm.

Source: [SuperHealthyKids.com](http://SuperHealthyKids.com)

## Where to Find Local Peaches

MassGrown Map (MDAR)

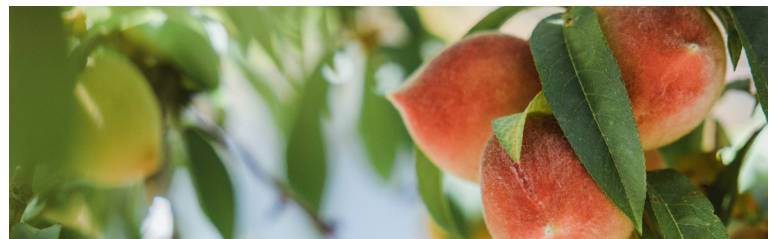
<https://massnrc.org/farmlocator>

## Harvest of the Month Book Club

Gr. K-5: [Harvesting Friends](#) by Kathleen Contreras

Gr. 6-8: [Return to Sender](#) by Julia Alvarez

Gr. 9-12: [Eat Less Water](#) by Florencia Ramirez



MASSACHUSETTS



Thank you to Blue Cross Blue Shield of Massachusetts and the Massachusetts Department of Agricultural Resources for helping make Harvest of the Month possible.

## Peach Purchasing Pointers

- Look for peaches with firm, fuzzy skins that feel a little soft when gently pressed. Avoid peaches with brown spots.
- Store unripe peaches in a paper bag to speed up ripening.
- When ripe, store at room temperature and use within 1-2 days.

September Preview: Tomatoes!