

HARVEST *of the* MONTH PEACHES



We are featuring fresh, healthy, locally grown peaches in school lunches this month. Can you taste the difference?

August is National Peach Month! Sadly, a frost in mid-February along with unexpected cold temperatures in April damaged most of Massachusetts's peach crop this year. While you can enjoy peaches from southern states, you can support your farmers by enjoying other local fruits and vegetables this month, like summer squash!

Healthy Serving Ideas

- Add fresh sliced peaches to salads.
- Eat them whole or sliced for a snack. Sprinkle slices with lemon juice to avoid browning.
- Blend peaches with equal parts yogurt or milk or orange juice with a touch of honey for a refreshing summer smoothie.
- Add them to homemade salsa for a twist!
- Leave the skin on (washed!). It adds flavor and nutrition.

Where to Pick Your Own Peaches (and Other Fruit) in Massachusetts

Many orchards in Massachusetts allow the public to come to the farm and pick their own peaches and other fruits. A great list and map can be found at <http://goo.gl/cwdLF1>.

Fun Facts

The peach is a member of the rose family.

There are 700 varieties of peaches!

Peaches are the third most popular fruit grown in the United States.

The largest peach on record weighed over 1.5 pounds.

Harvest of the Month promotes a different Massachusetts-grown crop from local farms each month in school cafeterias across the state, from September 2015 through June 2016. To learn more about Harvest of the Month, visit www.massfarmtoschool.org/programs/harvest-of-the-month.

Harvest of the Month Book Club

James and the Giant Peach, by Roald Dahl

Before We Eat: From Farm to Table, by Pat Brisson

Farmer Will Allen, by Eric Larken



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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 yield to gentle pressure. 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.

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Look for our September newsletter featuring tomatoes next month!