Peach

Selection:

Choose peaches with a creamy or yellow background color. The background color is found by looking at the ends of the fruit. Do not look at the red blush color. Peaches are ripe when they are fragrant and give slightly to pressure. Avoid peaches with bruises or wrinkles.

Storage:

Store unwashed peaches at room temperature until ripe. When ripe, store in a resealable plastic bag in the refrigerator for up to 1 week.

Room Temperature: Until ripe
Refrigerator: Up to 1 week

Use:

Rinse peaches thoroughly before preparing. Peaches are good for both cooking and eating raw, with or without the skin. Remove the peach from the refrigerator 1 hour before eating, as the flavor is better when warm.

Digital Scale:
The number on the screen = Total Weight

Hanging Scale:
The number the arrow is pointing to = Total Weight

Buying:

Weigh produce to find out exactly how much it will cost. Place the number of peaches you would like to buy on the scale provided, and round up to the closest pound or half pound. The cost is the total weight in pounds multiplied by the price per pound.

Total Weight (lbs) x Price = Cost of Peaches

Use this table to find the total cost.
Example: What is the total cost for 2 lbs of peaches at $1.19 per lb? **2 lbs x $1.19 = $2.38**

Price per Pound (lb)	1 lb	1.5 lb	2 lb	2.5 lb	3 lb	3.5 lb
$ 0.49	$0.49	$0.74	$0.98	$1.23	$1.47	$1.72
$ 0.59	$0.59	$0.89	$1.18	$1.48	$1.77	$2.07
$ 0.69	$0.69	$1.04	$1.38	$1.73	$2.07	$2.42
$ 0.79	$0.79	$1.19	$1.58	$1.98	$2.37	$2.77
$ 0.89	$0.89	$1.34	$1.78	$2.23	$2.67	$3.12
$ 0.99	$0.99	$1.49	$1.98	$2.48	$2.97	$3.47
$ 1.09	$1.09	$1.64	$2.18	$2.73	$3.27	$3.82
$ 1.19	$1.19	$1.79	$2.38	$2.98	$3.57	$4.17
$ 1.29	$1.29	$1.94	$2.58	$3.23	$3.87	$4.52
$ 1.39	$1.39	$2.09	$2.78	$3.48	$4.17	$4.87
$ 1.49	$1.49	$2.24	$2.98	$3.73	$4.47	$5.22
$ 1.59	$1.59	$2.39	$3.18	$3.98	$4.77	$5.57
$ 1.69	$1.69	$2.54	$3.38	$4.23	$5.07	$5.92
$ 1.79	$1.79	$2.69	$3.58	$4.48	$5.37	$6.27
$ 1.89	$1.89	$2.84	$3.78	$4.73	$5.67	$6.62
$ 1.99	$1.99	$2.99	$3.98	$4.98	$5.97	$6.97

Know how. Know now.

1 medium Peach

Nutrition Facts

Serving Size 1 medium peach   (147g)

Amount Per Serving

Calories 60	Calories from Fat 0

	% Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 15g	5%
Dietary Fiber 2g	8%
Sugars 13g	
Protein 1g	

Vitamin A 6%	Vitamin C 15%
Calcium 0%	Iron 2%

Nutrition Facts Labels are not always available for fresh fruits and vegetables at the grocery store. This can make it difficult to determine the nutrient content.

The Nutrition Facts Label shown here is for 1 medium peach. All peaches are not the same size, but you can use this to estimate the nutrition content for a smaller or larger peach.

Recipe:

Perfect Peachy Waffles
Preparation Time: 30 minutes
Serves 8
Cups of Fruit per Serving: ½

Ingredients:
1 (26 oz.) can sliced peaches, light
   syrup
1 tablespoon cornstarch
¾ teaspoon ground cinnamon
8 low-fat whole grain waffles
1 banana, peeled and sliced
1 tablespoon lemon juice
1 cup red seedless grapes

Preparation:
1.) Drain the peaches and keep 1 cup of the juice.
2.) Pour the juice into a small saucepan, set the peaches aside.
3.) Add the cornstarch and cinnamon to the juice stirring until blended and smooth.
4.) Cook over medium-high heat stirring constantly, until the mixture thickens and boils.
5.) Toast waffles and keep warm.
6.) In a small bowl, carefully mix the banana slices with the lemon juice to prevent browning.
7.) In a large bowl, combine the banana slices, drained peaches, and grapes with the juice mixture.
8.) Place a waffle on each plate and top the fruit mixture.

Nutrition Information per Serving:
Calories 143, Total Fat 1.2 g, Saturated Fat 0.2 g, Cholesterol 0 mg, Sodium 219 mg, Carbohydrates 33 g, Dietary Fiber 3 g, Protein 3 g.