



Peach Season

With Renata Shiloah M.S., R.D., C.D.N.



What is a peach? It's usually pale, pinkish yellow in color. During the months of July through September, we celebrate the juicy tart peaches. Peaches are enjoyed by all ages and are a summertime favorite during the summer events, such as picnics, beach days, and fairs.

What is history of the peach? Peaches originated in China and then spread westward to Asia and Europe. For centuries the cultivation of new peach varieties was mainly restricted to gardens of the nobility. Large scale commercial peach growing did not start until the 19th century in the United States.

Are peaches healthy? Peaches are healthy they provide 10 vitamins including vitamin A, C, E, and K. Peaches are high in fiber, antioxidants, and it is good for weight control.

Health benefits of peaches.

- Pulp and peels of peaches contain significant antioxidant properties.
- Peaches are high in potassium, potassium is important for nerve signaling and cell functioning in the body.
- Peaches are rich in beta carotene a precursor to vitamin A. Beta carotene plays an important role maintaining healthy eyesight.
- Promote healthy digestive health due to their alkaline content and fiber.
- Peaches contain phosphorous which along with calcium helps strengthen bones and teeth.

Preparation and Serving. It's best to store them at room temperature, and wash them just before you want to eat or use them. They'll last around four days, maybe a bit longer if you refrigerate them in a plastic bag. To remove the stone, cut into the peach near the top until the tip of the knife hits the stone, then cut lengthwise around the stone. Gently hold both halves of the peach, twist in opposite directions and pull it apart. Put one side down and then loosen the stone from the peach flesh with a knife or your finger.



Peach Yogurt Pops



Ingredients: (Recipe makes 6 servings)

- 1½ cups diced ripe peaches, nectarines and/or plums
- ¼ cup honey
- 3 tablespoons water
- 1¼ cups low-fat vanilla Greek yogurt

Directions

1. Combine fruit, honey and water in a 2-quart microwave-safe bowl. Cover with plastic and poke a few holes in the top. Microwave on high for 2 minutes. Stir, then microwave, covered, on High at 1-minute intervals until the fruit is tender, about 2 minutes more. Uncover and let cool for 10 minutes.
2. Puree the mixture in a food processor until very smooth. Add yogurt and process until combined. Transfer to a 4-cup measuring cup and stir in more yogurt, if needed, to yield 2½ cups.
3. Freeze in six 3-ounce (or similar-size) pop molds until solid, about 6 hours. To unmold, dip the forms into warm water for 10 to 20 seconds. If necessary, use a table knife to break the vacuum and pry the pops loose.

Make Ahead Tip: Freeze for up to 1 month.

Nutrition Information

- **Serving size:** one 3-oz. pop
- **Per serving:** 98 calories; 1 g fat (0 g sat); 1 g fiber; 21 g carbohydrates; 3 g protein; 4mg cholesterol; 19 g sugars; 14 g added sugars



Peach Arugula Salad

Ingredients: (Recipe makes 4 servings)

- 4 cups baby arugula
- 3 medium ripe peaches, pitted, and sliced
- $\frac{3}{4}$ cup diced yellow pepper
- 3 tbsp chopped walnuts
- 1 tbsp extra virgin olive oil
- 1 tbsp balsamic vinegar
- $\frac{1}{2}$ tbsp fresh squeezed lemon juice
- 1/8 tsp lemon zest
- 1/8 tsp kosher salt
- Fresh black pepper to taste

Directions: Place the arugula in a large bowl, top with peaches, yellow pepper, and walnuts. In a small bowl whisk the olive oil with the balsamic, lemon juice, salt, and pepper and drizzle over the salad.

Nutrition Information

Serving Size: 1 $\frac{3}{4}$ cup

Per serving: 114 calories, total fat: 8g, saturated fat: 0 g, Cholesterol: 0 mg, Sodium: 43 mg; Carbohydrates: 12 g; Fiber: 3 g; Sugar: 7g; Protein: 2g



Dear Renata



Dear Renata:

I am tired of eating peaches by themselves. How else can I add peaches into my diet?

~IM

Dear IM,

Peaches are delicious at breakfast, lunch, dinner and in-between. Give your day a healthy start with oatmeal and peaches as a topping. Need to whip up something for dessert? Make a peach, yogurt, granola parfait. From breakfast to late-night snacks, peaches are the perfect match for tart, savory, sweet, and spicy.

~Renata

Dear Renata:

How can I ripen peaches at home?

~KS

Dear KS,

For faster ripening, place peaches in a brown paper bag on kitchen counter. Once your peaches have reached your desired ripeness, then and only then should you place them in the refrigerator.

~Renata



For more information please call:

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Ongoing Activities:

Tuesdays 1:30pm - 2:30pm: Acupressure Group

Women's Wellness Wednesday's 10am - 11:30am: Support Group

Contact Renata Shiloah MS RD CDN 212 227 8401 ext 159



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