



# 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](http://www.wellspan.org/marketbasket.org) or scan the code.

