

Brought to you by the Eastern Highlands Health District through a grant from the CT Department of Public Health for obesity prevention.

# The produce of the week is...

## Peach



You can find POW! info sheets on the EHHD website!  
[www.ehhd.org](http://www.ehhd.org)  
Look for  
Produce Of the Week

What fruit is also used to describe a pleasant person?

### Peach!

- ⇒ Look for peaches with smooth, firm and brightly colored skin
- ⇒ A good peach will have a sweet, flowery scent
- ⇒ Never buy a green peach as it will not fully ripen
- ⇒ Store peaches at room temperature & eat in 1 to 2 days

#### Nutrition Facts:

- ◆ **One medium peach is one serving**
- ◆ **One serving contains about 60 calories**
- ◆ **Good source of vitamin C and dietary fiber**

#### Did you know?

August is National Peach Month!

California produces more than 50% of the peaches in the US. And they grow more than 175 varieties!

### Count it out!

Keep track of the fruits and veggies that you eat each day by outlining a different color triangle every time you have a fruit or veggie. Try to eat a rainbow of colors and eat at least 5 servings of fruits or veggies each day.

Day 1



Day 3



Day 5



Day 7



Day 2



Day 4



Day 6

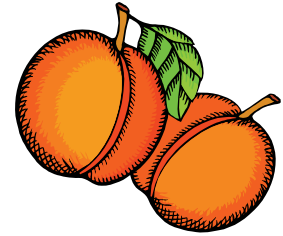


# Try these delicious, nutritious and healthy recipes!

## Grilled Peaches

### INGREDIENTS

- 2 firm, ripe freestone peaches, halved and pitted
- 4 tablespoons barbeque sauce



### DIRECTIONS

1. Preheat grill for medium heat and lightly oil the grate.
2. Slice flesh-side of peach halves diagonally about 1/4-inch deep, twice in each direction.
3. Drizzle flesh-side of each peach half with barbeque sauce; brush sauce for an even coat.
4. Place peaches, flesh-side up, on the grill. Cook until barbeque sauce bubbles slightly and peaches are a little softer than when you put them on the grill, 7 to 10 minutes.



### Simple ways to enjoy peaches:

Fresh peaches are perfect when eaten alone or cut up and mixed with light yogurt!



## Peach tea

### INGREDIENTS

- 4 cups water, divided
- 3 family size tea bags
- 2 fresh peaches - peeled, pitted and sliced
- 1 1/2 teaspoons stevia sweetener

### DIRECTIONS

1. Bring 3 cups water to a boil in a saucepan over high heat. Add the tea bags, and steep for 15 minutes. Remove tea bags.
2. Meanwhile, place peaches with 1 cup water into the jar of a blender, and blend until very smooth. Pour the peach mixture, tea, and stevia into a 1 gallon pitcher. Fill the pitcher to the top with water, and stir until blended.

Recipes modified from [morematters.org](http://morematters.org) & [allrecipes.com](http://allrecipes.com)

**Caution: Make sure to try all of these recipes under the supervision of an adult and be careful of food allergies! Happy and healthy cooking!**