

Michigan Fresh

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Peaches

Michigan-grown peaches are available during August and September.

Peaches have many health benefits. They are low in calories, provide vitamin C and contain no fat.

Peaches can be preserved by either canning or freezing them. Some of the best peach varieties for canning and freezing include Crest Haven, Red Haven and Bellaire. Preserving peaches and other fruits and vegetables by freezing them when they are at their nutritional peak allows you to use them throughout the year. For the best quality, only preserve the quantity of peaches that your family can eat in one year.



Fruits and vegetables provide nutrients that will give you energy and help you feel satisfied longer. Preserving them for later use is easy and can save you money over time.

Michigan State University Extension provides education that helps people buy and prepare healthy, budget-friendly foods as well as live a balanced, healthy lifestyle.



Peach Crisp

Yield: 6 servings

Nutrition Information: 142 Calories per serving; 3g Fat; 31g Carbohydrates (3g Fiber, 25g Sugar); 2g Protein; Calcium 2%; Potassium 5%

INGREDIENTS

- » 4 peaches (4 cups sliced) defrosted
- » 2 tablespoons margarine
- » ¾ cups quick-cooking oats
- » ½ cup sugar
- » ¼ cup flour
- » 2 teaspoons cinnamon
- » 1 teaspoon lemon juice

INSTRUCTIONS

1. Preheat oven to 375 °F.
2. Spread the peach slices on the bottom of a baking pan.
3. In a saucepan, melt the margarine.
4. In a small bowl, mix everything but the peaches. Stir until the mix is well blended.
5. Sprinkle the oat mix on top of the peaches.
6. Bake for 20 minutes.



COST

Per recipe:

\$1.83

Per serving:

\$0.30

SOURCE: Recipe adapted from Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network Website Recipes. Retrieved from USDA, SNAP-Ed Connection, Peach Crisp at <https://whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/peach-crisp>