Peaches

Michigan-grown peaches are available during August and September.

Peaches chosen for freezing are processed at their peak ripeness, a time when they are most nutrient packed and most delicious.

Frozen peaches may be even more healthful than some of the fresh produce sold in grocery stores since the product will degrade over time.

Americans typically eat only one-third of the recommended daily intake (three servings instead of nine) of fruits and vegetables due to availability and cost. Preserving peaches and other fruits and vegetables by freezing them when they are at their nutritional peak allows people to use them throughout the year.
Peach Crisp

Yield: 6 servings

**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