

Idaho Peaches

Idaho Peach Facts

- Idaho peaches are “tree-ripened” to produce a ripe, sweet fruit that is full of natural sugars.
- Each year, approximately 15 million pounds of peaches are harvested from orchards in southwest Idaho.
- Idaho peaches are generally available in mid-August until the end of October.
- A mature peach tree can produce around 250 peaches per tree each year.

Nutrition Facts

- Peaches have vitamin A, which helps form and maintain healthy teeth, bones, soft tissue, mucus membranes, and skin.
- Peaches are a good source of vitamin C, an antioxidant that protects and heals the body.
- Peaches provide potassium, which helps your muscles contract.
- Peaches are sweet, but low in calories. A medium peach has approximately 60 calories.



Peach Smoothie

Ingredients:

- 1/2 cup peach nectar
- 1/2 cup sliced fresh Idaho peaches
- 1/4 cup vanilla yogurt
- 2 ice cubes

Directions:

In a blender, combine all ingredients. Cover and process until blended. Pour into chilled glasses; serve immediately.

Nutrition:

2 servings. One serving (prepared with fat-free yogurt) equals 120 calories, trace fat (trace saturated fat), 1 mg cholesterol, 29 mg sodium, 29 g carbohydrate, 2 g fiber, 2 g protein.

