



# Food of the Month

Nutritional Information  
Cooking & Storing  
Recipes



A healthy community through the power of good food

August 2017

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## FEATURED FOOD: PEACHES

Peaches are such a wonderful sweet treat in the summertime. The peach is a deciduous tree native to the region of Northwest China, where it was believed to be first domesticated and cultivated near the slopes of the Kunlun Shan mountains. Peaches and nectarines are actually the same species even though they are regarded as different fruits in the supermarket. Peaches have that "fuzz" on the outside where nectarines have tougher skin.

In Roman times it was thought that the peach originated from Persia as the latin name is "prunus persica" and they were often called Persian apples. Did you know that August has been National Peach Month in the United States since 1982?

One peach contains 35-50 calories and contains many nutrients such as Vitamins A, C, & B, and minerals such as calcium, potassium, magnesium, and phosphorus. This sweet little fruit is a nice summertime snack.

## HOW TO PRESERVE PEACHES YEAR-ROUND



Preserving beautiful seasonal fruit is a great way to enjoy them year round. There are a number of recipes and ways to preserve fresh fruits but probably the easiest is freezing them. After peaches are clean cut them into slices. Pour water and lemon juice into a bowl large enough to hold all your peach slices. The lemon juice helps maintain the color of the peaches and avoids brown spots. I let them sit for a 5 minutes.

Line a baking sheet with parchment or wax paper and place peach slices onto the tray. You don't want the peaches touching or they will freeze together, so leave a little space between them. Place the baking sheet in the freezer and let them freeze for about 1-2 hours. Remove peaches with a spatula or wooden spoon and place them into a freezer bag and store them for up to a year in your freezer.





## RECIPE: EASY PEACH JAM

**10-12 peaches**

**5 dates**

**1/2 cup warm water**

**1/4 cup of lemon juice**

Slice peaches into bite size chunks and place in a large pot. Add the lemon juice and mash the peaches with a potato masher or wooden spoon. Place the pitted dates and 1/2 cup of warm water in a food processor or blender and process till well combined. Add date puree to the pot and stir. Bring the pot to a boil over medium-high heat, stirring often so it does not burn. Turn the heat down to medium and let it cook for 25-30 minutes, continuing to stir every few minutes. Take the pot off the heat and let it cool. Consistency is a preference; you can leave the jam as it is, or use a blender and process for a smoother consistency.

\* You can get just a few dates at bulk barn or buy a small package at Walmart

\*Place the unprocessed jam in the fridge for 1-2 months; or, you can preserve them by placing them into a boiling water bath for 10 minutes and they will keep in your cupboard for up to a year. Another option for unprocessed jam is to store in the freezer until you are ready to consume it.

## RECIPE: PEACH NICE CREAM

**2 frozen bananas**

**1 cup frozen peaches**

Blend frozen fruit together in a blender or food processor. You can serve it as a cool summer soft serve or pour it into a glass container and let it sit in the fridge for one hour. Using an ice cream scoop or large spoon, you can dish it like a harder ice "cream". This is a great way to enjoy a quick and easy frozen dessert .

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## Next Markets:

August 8, 10am-1pm, Canora  
Community League (10425-  
152 Street)

August 15, 10am-  
1pm, Glenwood Community  
League (16430-97 Ave)

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