

# From the Farm to Your Table

## Peaches: A Taste of Perfection

### *Peaches*

#### *The Edible Stone—Fruit, That Is*

The most recent forecast has U.S. peach production declining for a second consecutive year in 2009, down 5 percent from both the 2008 and 2007 crop.

Most of the decline in overall production is attributed to a smaller California crop, which represents around three fourths of the U.S. crop.

Peaches are rich in antioxidants, substances that may protect your cells against the effects of free radicals--molecules produced

when your body breaks down food, or by environmental exposures like tobacco smoke and radiation. Free radicals can damage cells and may play a role in heart disease, cancer and other diseases.

Antioxidants are found in many foods. These include fruits and vegetables, nuts, grains, and some meats, poultry, and fish.

Canned peaches are U.S. Grade B, peeled yellow Clingstone or Freestone variety. They may be packed in unsweetened fruit juice, light syrup, lightly sweet-

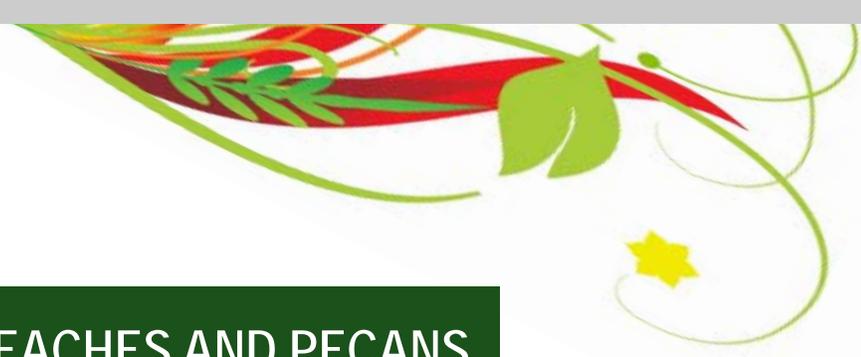
ened fruit juice and water, or lightly sweetened fruit juice.





# From the Farm to Your Table

## Peaches: A Taste of Perfection



### SPINACH SALAD WITH PEACHES AND PECANS

(ALLRECIPES.COM)

#### INGREDIENTS

3/4 cup pecans  
2 ripe peaches  
4 cups baby spinach, rinsed and dried  
1/4 cup poppyseed salad dressing

#### DIRECTIONS

Preheat oven to 350 degrees F (175 degrees C).

Arrange pecans on a single layer on a baking sheet and roast in preheated oven for 7-10 minutes, until they just begin to darken. Remove from oven and set aside.

Peel peaches (if desired) and slice into bite-sized segments. Combine peaches, spinach and pecans in a large bowl. Toss with dressing until evenly coated, adding a little additional dressing, if necessary.

Servings: 4

