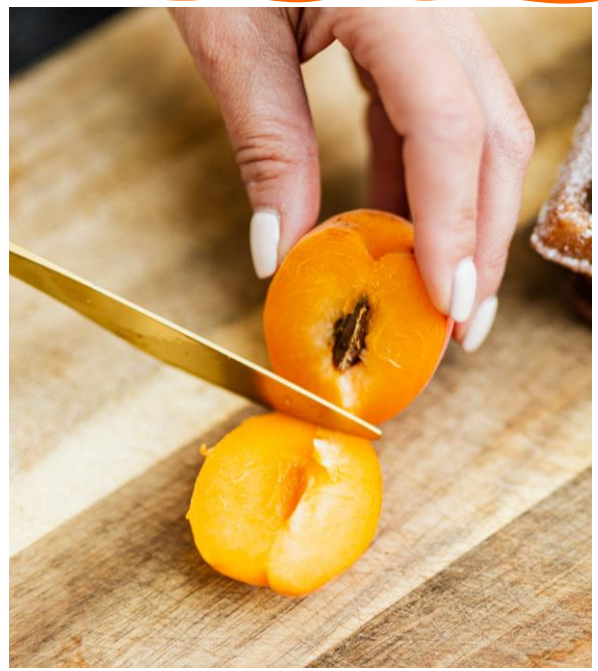


# August Fruit – Peaches!

## Fun Facts

- August is National Peach Month
- Peach trees produce fruit for about 12 years (each year produces about 66lbs of peaches)
- Georgia is known as “The Peach State,” but Colorado is famous for Palisade Peaches
- Peaches are in peak season from June through August
- Peach fuzz helps protect the peach from pests while growing
- 1 large peach has only about 70 calories, and is loaded with vitamin A, vitamin C, and fiber!



## Peach Frozen Yogurt Recipe

3 ½ cups peaches (ripe, peeled, sliced and then frozen)

1/4 cup honey

½ cup plain, non-fat yogurt

1 tablespoon lemon juice

Combine peaches and honey in food processor and pulse to coarsely chop

Combine yogurt and lemon juice and pour into peach and honey mixture while pulsing

Process until smooth, scrape down the sides once or twice

Store in airtight container and freeze if not eating immediately



Famous Palisade, CO Peaches served at PSD Cafes!