



# PEACHES

**SUMMER**



**ARKANSAS**  
**Farm to School**

**UofA**  
DIVISION OF AGRICULTURE  
RESEARCH & EXTENSION  
*University of Arkansas System*





# GROW

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Plant a peach tree at least 3 to 4 feet tall with a healthy root system in the winter. Soak the roots in water for an hour before planting. Plant the tree in a large hole that is the same depth it was growing at when it was purchased. Water immediately! Learn more at <https://bit.ly/UAEXStoneFruit>!



# PREP

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Rinse peaches with cool, running water. Depending on preference, remove the peach skin. Prepare peaches whole or cut into slices, wedges, or cubes. Discard the peach pit! Peaches may be prepared raw, frozen, grilled, or as an added ingredient.



# EAT

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Sip on a cool, refreshing peach smoothie! Enjoy a grilled cheese with peaches, spinach, and low-fat cheddar cheese. Top your salad with peaches and your favorite protein cooked on the grill! Snack on a yogurt parfait layered with peaches and granola. Enjoy a serving of peach cobbler or pie for dessert!



# LEARN

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Peaches most likely originated from China. Peaches are a **fruit** high in nutrients and minerals. Eating peaches can support a healthy digestive system and heart health. Peach production was introduced to Arkansas after the Civil War to diversify crop production and strengthen the economy.

