



Alice Henneman, RD, Extension Educator

August is National Peach Month. Whether fresh, canned or frozen, peaches are good-tasting and good for you. They're fat free, cholesterol free, sodium free and a source of vitamins A and C. One medium peach has only 40 calories. When selecting and storing peaches, follow these guidelines, adapted from information provided by the Centers for Disease Control and Prevention 5 A Day program www.cdc.gov/nccdphp/dnpa/5ADay

Selecting

When selecting fresh peaches, look for ones that are soft to the touch, blemish free and have a fragrant smell. Peaches that are mildly fragrant ripen into sweet and delicious flavors. Choose fruit that has a background color of yellow or cream and has a fresh looking appearance. Peaches may have some red "blush" depending on the variety, but this isn't a sign of how the fruit will taste after it's ripened. At home, peaches can be ripened at room temperature in a brown paper bag in two to three days. Peaches are highly perishable, so don't buy more than you plan to use.

Storing

The best way to ripen peaches is to place them in a paper bag, fold the top of the bag over loosely and place the bag on the counter for one to three days. Never store hard, unripe peaches in the refrigerator, in plastic bags or in direct sunlight.

Check peaches daily. When they are ripe, they will be aromatic and will give slightly to gentle pressure. Once ripened, they can be stored in the refrigerator for about a week.

Peachy Crisp

(Makes 6 servings — serving size: 1 cup)

- 1/2 cup all-purpose flour
- 1/4 cup granulated sugar
- 1/4 cup packed brown sugar
- 3 tablespoons chilled stick margarine or butter, cut into small pieces
- 6 cups sliced peeled peaches (about 3 pounds)
- 2 teaspoons lemon juice
- 1 cup raspberries
- 1 tablespoon granulated sugar
- 1 tablespoon cornstarch
- Cooking spray
- 1 tablespoon seedless raspberry jam, melted

Preheat oven to 375° F. Lightly spoon flour into a dry measuring cup and level with a knife. Combine flour, 1/4 cup granulated sugar and brown sugar in a bowl; cut in margarine with a pastry blender or two knives until mixture resembles coarse meal.

Combine sliced peaches and lemon juice in a large bowl and toss gently to coat. Add raspberries, 1 tablespoon granulated sugar and cornstarch. Toss gently. Spoon fruit mixture into an 8-inch square baking dish coated with cooking spray and drizzle raspberry jam evenly over fruit mixture. Sprinkle with flour mixture. Bake 45 minutes or until brown.

Source: Centers for Disease Control and Prevention 5 A Day program www.cdc.gov/nccdphp/dnpa/5ADay

FREE CLASS SEPT. 22

"Healthy One Dish Dinners for 1, 2, 4 or More"

One-dish dinners are a quick and easy way to prepare delicious, healthy meals for just yourself or for any number of people. You don't have to worry about getting several foods done at the same time and there are fewer dishes to wash! Many can be made ahead of time. Alice Henneman, registered dietitian and extension educator, will show you how as part of BryanLGH Medical Center's "Eating Well" series. Participants will receive an extensive handout which includes tips and recipes. Register by calling BryanLGH at 481-8886. The class will be held at the Plaza Conference Center, BryanLGH Medical Center East, 1600 S. 48th Street.



Summer Fruits and Veggies: Q & A

Whether you grow them or purchase them, fresh fruits and vegetables are an important part of the summer scene. Salads, fresh fruit smoothies and cold veggie soups are some of the flavors of summer. Health experts recommend eating five or more servings a day of a palette of colorful fruits and vegetables.

The following tips can help you enjoy fruits and vegetables at their most flavorful. Recipes at the end can add to the enjoyment, too!

1. Which fruits continue to ripen after they're picked?

Apricots, bananas, cantaloupe, kiwi, mangoes, nectarines, peaches, pears, plantains and plums continue to ripen at room temperature after they're picked. To speed their ripening, put them in a loosely closed brown paper bag or ripening bowl at room temperature. (NOTE: Ripening bowls are sold at many stores that sell home kitchen supplies.)

Plastic bags don't work for ripening. Once fully ripened, fruits may be stored in the refrigerator to lengthen their storage time.

Though the outside skin of a refrigerated banana will turn dark brown, the inside will remain light-colored.

Fruits that should be picked or bought ripe and ready-to-eat include apples, cherries, grapefruit, grapes, oranges, pineapple, strawberries, tangerines and watermelon.

2. How can I keep cut fruit from turning brown?

Keep cut fruits, such as apples, pears, bananas and peaches, from turning brown by coating them with an acidic juice such as lemon, orange or pineapple juice. Or use a commercial anti-darkening preparation, frequently called a "fruit protector" such as Ever-Fresh™ or Fruit-Fresh®. Follow the manufacturer's directions.

Cut fruits as close to serving time as possible. Cover and refrigerate cut fruit until ready to serve. Avoid leaving cut fruit at room temperature for more than two hours.

3. Can I freeze bell and sweet peppers raw?

If you've picked a peck of peppers and have too many to eat, try freezing them.

Peppers are one of those foods that can be quickly frozen raw without blanching them first. The National Center for Home Food Preservation (NCHFP), hosted by the University of Georgia.

Cooperative Extension Service, offers these guidelines on freezing bell and sweet peppers raw:

Select crisp, tender, green or bright red pods. Wash, cut out stems, cut in half and remove seeds. If desired, cut into 1/2-inch strips or rings. Good for use in uncooked foods because they have a crisper texture or in cooked foods. Package raw, leaving no headspace. Seal and freeze.

NOTE: To make it easier to remove only the amount of frozen bell or sweet peppers needed at one time, freeze sliced

or diced peppers in a single layer on a cookie sheet with sides. Transfer to a "freezer" bag when frozen, excluding as much air as possible from the bag.

4. Can tomatoes be frozen raw?

Like peppers, tomatoes can be frozen raw. Frozen tomatoes are best used in cooked foods such as soups, sauces and stews as they become mushy when they're thawed.

NCHFP offers these guidelines for freezing tomatoes:

Select firm, ripe tomatoes with deep red color. Wash and dip in boiling water for 30 seconds to loosen skins. Core and peel. Freeze whole or in pieces. Pack into containers, leaving 1-inch headspace. Seal and freeze. Use only for cooking or seasoning as tomatoes will not be solid when thawed.

TIP: Dip just a few tomatoes at a time into the boiling water or the water temperature may be lowered too much to remove the skins without overheating the tomatoes. Place hot tomatoes in a colander and rinse under cold water to make them easier to handle. A knife with a serrated edge works best for cutting tomatoes.

For More Information on Freezing Fruits and Vegetables

Visit the NCHFP's Web site for guidelines on freezing additional fruits and vegetables at www.uga.edu/nchfp/how/freeze.html

Cool Calcium!!



Karen Wobig
Extension Associate

Calcium is a nutrient our bodies need daily. It helps build and maintain strong bones and teeth. It also plays an important role in nerve function, muscle contraction and blood clotting. Making sure we get enough calcium in our diet is a concern for many people. The Food and Nutrition Board of the National Academy of Sciences recommends the following daily intake amounts:

Age Group:	Mg of calcium/day
1-3 years	500
4-8 years	800
9-18 years	1300
19-50 years	1000
51+ years	1200

One cup of milk has approximately 300 milligrams (mg) of calcium. While milk is one of the best sources of calcium, it certainly is not the only one. Yogurt, cheese, pudding,



Residents of Mahoney Manor use yogurt to make a healthy snack while learning about the importance of consuming calcium-rich foods.

broccoli, greens, rhubarb, beans and calcium fortified orange juice are also good sources. To find out the mg of calcium contained in these products and others, log on to www.nal.usda.gov/fnic/foodcomp/search and type in the name of the food.

Try some of the following ideas for adding calcium to your diet:

- Drink milk with all meals.
- Snack on crackers and cheese.
- Prepare soups with milk instead of water.
- Eat yogurt for snacks.
- Add grated cheese to casseroles.
- Prepare hot cereals with milk rather than water.
- Drink calcium enriched orange juice.
- Choose calcium-rich desserts

such as ice cream, frozen yogurt, pudding or cheese with fruit.

This summertime snack will give you calcium as well as many other important vitamins and minerals.

Yogurt Popsicles

- 2 cups strawberries, washed and stemmed
- 1 carton (6 to 8 ounces) plain low fat yogurt
- 1 can (6 ounces) orange juice concentrate

Place all the ingredients in a blender. Process until smooth. Pour into popsicle molds and freeze until firm.