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## August Is Peach Month!

1 message

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# August Is National Peach Month!

## Some Facts You Didn't Know

(source:

[http://wyrk.com/august-is-national-peach-month-some-facts-you-didnt-know/.](http://wyrk.com/august-is-national-peach-month-some-facts-you-didnt-know/))



- Peaches are native to China, and they've been cultivated for more than a thousand years.
- To the Chinese, peaches bring good luck, wealth and protection. Chinese brides carry peach blossoms for good luck on their wedding day.
- The Romans brought peaches to Europe from the Middle East.
- The Spanish brought peaches to South America.
- The French took them to Louisiana.
- The English introduced peaches to their colonies in Jamestown and Massachusetts.
- Christopher Columbus actually carried peach trees during his second trip to America.
- There are over 700 varieties of peaches.
- China is the number one producer of peaches in the world. Italy is second, California is third. California puts out about 50 percent of this country's peaches.
- Peaches are high in vitamins A, B and C.
- Peach pits contain hydrocyanic acid - it's poisonous.

- The world's largest peach is in Gaffney, South Carolina. It weighs over 10,000 pounds. It's the town's water tower built in the shape of a peach in 1981.

## **Where to find locally grown peaches**

To find a local peach grower near you, please visit: <https://massnrc.org/farmlocator/map.aspx>.

## Recipe: Fresh Peach Delight

### **Ingredients**

For graham cracker crust and topping:

- 2 cups crushed graham crackers
- 1/2 cup unsalted butter-melted
- 6 tablespoons sugar

For peach filling :

- 5 cups fresh peaches-peeled and diced into 1 inch peaces (about 6-7 medium peaches)
- 2 cups water
- 1 cup sugar
- 3 tablespoons cornstarch
- 1 (3 oz.) package peach jello

For cheesecake layer:

- 8 oz. cream cheese-room temperature
- 3/4 cup powdered sugar
- 1 teaspoon vanilla
- 1 (8 oz) carton cool whip

### **Instructions**

1. Preheat oven to 375 F. In a bowl combine crushed graham crackers and 6 tablespoons sugar. Add melted butter and stir with a fork until all crumbs are moistened. Take out 1/2 cup crumbs and set aside for topping.
2. Press the remaining crumbs into the bottom of a 13×9 inch baking dish bake for 8 minutes. Set aside to cool.
3. In a sauce pan combine water, 1 cup sugar and cornstarch, stir well and bring to a boil. Add the package of peach jello and stir to dissolve. Remove the mixture from heat and allow to cool completely, then add diced peaches, stir and pour over cooled crust. Place in the fridge until set (about 4 hours).



4. Cream together powdered sugar, cream cheese and vanilla. Fold in cool whip and spread over the top of peach filling. Place in the fridge to set and top with the 1 1/2 cup reserved graham cracker crumb mixture before serving.

Recipe from: <https://omgchocolatedesserts.com/fresh-peach-delight/>.

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For more information about the Massachusetts Farm Bureau Federation, please visit [www.mfbf.net](http://www.mfbf.net).

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