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It's Peach Season! 🍑

1 message

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Facts About Peaches

- Peaches were once known as Persian Apples
- “You’re a real peach” originated from the tradition of giving a peach to the friend you liked.
- Peaches were mentioned as early as 79 A.D. in literature.
- There are over 700 varieties of peaches – some Chinese variations are even flat like hockey pucks.
- In China the peach is a symbol of longevity and good luck.
- 1565 is the starting date of the first peach orchard in Florida.
- Nectarines are just peaches without the fuzz.
- “Free Stone” peach just refers to how the flesh of the peach separates from the pit.
- Peaches are the third most popular fruit grown in the United States
- Peaches are a good source of Vitamins A, B and C. A medium peach contains only 37 calories.

Source: <https://alysonsorchar.com/fun-fruit-facts/>.

Peaches

Where To Find Locally Grown

To find a local sweet corn producer near you, please visit:

<https://massnrc.org/farmlocator/map.aspx>.

Recipe: No Bake Peach Cream Pie

Ingredients

Peach Pie Filling

- 3 large peaches, thinly sliced (I left the skin on, but you can remove it if you want)
- 1/4 cup brown sugar
- 1 1/2 tsp ground cinnamon
- 1 tsp cornstarch
- 1 Tbsp water

Graham Cracker Crust

- 2 1/2 cups graham cracker crumbs
- 8 Tbsp butter, melted

Cream Pie

- 1 3.4oz box instant vanilla pudding mix
- 1 cup milk
- 4 oz cream cheese, softened to room temperature
- 1 tsp vanilla extract

Homemade Whipped Cream

- 1 1/2 cups heavy whipping cream
- 1/4 cup powdered sugar
- 1 tsp vanilla extract

Topping

- fresh peach slices, if desired

Instructions

1. In a medium sized pot, heat peaches, brown sugar, and cinnamon together over med-low heat. Whisk cornstarch and water together, creating a slurry, and add it to the peaches. Stirring occasionally, cook peaches for 8-10 minutes, or until peaches are tender and the liquid has thickened. Remove from heat and allow to cool slightly.
2. Mix graham cracker crumbs and melted butter together and press the crust into a 9" or 10" pie plate. Set aside.
3. In a bowl, whisk instant pudding mix and milk together until it has thickened. Add in



No Bake PEACH CREAM PIE



- cream cheese and mix (with a rubber spatula or mixer) until well combined. Set aside.
4. With a standing mixer or hand mixer, whisk heavy whipping cream until soft peaks form. Add in vanilla extract and powdered sugar, and continue to whip until it has reached your desired consistency.
 5. Fold half of the whipped cream into the pudding mixture. Reserve the rest for the topping.
 6. Spoon the peach filling into the bottom of the graham cracker crust, spreading evenly.
 7. Spread the cream filling over the top of the peaches, and then spread the remaining whipped cream over the top. Place fresh peach slices on top, if desired.
 8. Refrigerate until ready to serve (for best results, the pie should be refrigerated for at least 2-3 hours).
 9. Enjoy!

Recipe from: <https://www.alattefood.com/no-bake-peach-cream-pie/>.

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For more information about the Massachusetts Farm Bureau Federation, please visit www.mfbf.net.

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