

Introducing Polly the Peach

This week is going to be just peachy!



Welcome to Peach Paradise – I'm Polly and I'm here to be one of your new favourite fruits. I'm juicy, delicious and utterly refreshing! I have red velvet skin with bright yellow flesh.

TOP TIP When I'm at my ripest I would highly recommend adopting a special eating position - bowing forwards, with your arms held out high in front of you- to avoid being bathed in peach juice that is....

Availability

While peaches are ready as early as May and available until late September, peach season is at its peak in July and August.

Did you know?

Us peaches originally hail from China. Humans have cultivated us since at least 79 A.D., and we remain a symbol of good luck, protection, and longevity.

Why are peaches so good to eat?

Peaches contain an impressive range of vitamins and minerals to make it a truly nutritious food. Peaches offer a rich treasure of minerals such as calcium, potassium, magnesium, iron, manganese, phosphorous, zinc, and copper and are a good source of dietary fibre.

How are peaches grown?

Peaches grow in a fairly limited range in dry, continental or temperate climates. Summer heat is required to mature the crop. Climates, like Ireland, with significant winter rainfall at temperatures below 16°C are also unsuitable for peach cultivation

as the rain promotes peach leaf curl, which is the most serious fungal disease for peaches.

Fun ways to prepare and eat peaches

Of course eating us fresh as a snack is an excellent option! We make great additions to breakfast cereals, pancakes and waffles... or add us to a juice or smoothie.

Try baking/roasting us for a delicious sweet snack.

Recipes:

Basic Roasted Peach Recipe

Ingredients:

- Peach
- Butter
- Cinnamon
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Method:

1. Half the peach and remove the stone
2. Place a small knob of butter between the two halves and push the two halves back together.
3. Dust the peaches with a thin covering of cinnamon
4. Place peaches in a baking dish, cook in oven at 200 °C / gas mark 6 for 20 mins.

Best bit -

We're naturally low in protein and can make up a delicious part of your diet – so what are you waiting for give me a try.

How many times did you try it? _____.

Did you earn your star? ★

