



# Palmetto Pick of the Month

# PEACHES

## AUGUST



### DESCRIPTION

Peaches are a stone fruit, known for their fuzzy skin. They are divided into two groups: clingstone and freestone. Peaches grow on trees in temperate weather making them ideal for growing in South Carolina. In fact, South Carolina is the second largest peach producing state.

### PREPARING

Peaches may be stored for up to 5 days in bags. Once ready to use, wash the outsides of peaches well since you typically eat the skin. Peaches can be canned, frozen, or eaten fresh.

### GROWING PEACHES

**Sun Exposure: Full Sun**

**Soil Type : Loamy**

**Soil pH: Acidic to Neutral**

There are many different varieties of peaches, so choosing the best one for your climate is key to growing the best, sweetest crop. Peaches grow on trees. When choosing a tree to plant, it is best to choose one about a year old and plant it immediately in the ground. Dig a hole that is wide and deep enough to hold the roots. It is best to plant trees at least 15 feet apart. Start harvesting peaches when there is no green left on the fruit. Be careful when picking them because they bruise easily. They should come off the tree with only a slight twist.

### BOOKS

*A Fruit is a Suitcase for a Seed*  
by Jean Richards

*What's in the Garden?*  
By Marianne Berkes

### PALMETTO PICK OF THE MONTH SNACK

Peaches are a great snack on their own, but for some extra protein, top the peaches with some Greek Yogurt and cinnamon.



### HEALTH BENEFITS

Peaches are a great source of minerals and fiber. They are great for keeping skin, eyes, bones, and teeth healthy.



FOR MORE INFORMATION ABOUT OTHER FRUITS AND VEGETABLES AVAILABLE IN SOUTH CAROLINA EACH MONTH, PLEASE VISIT [CERTIFIEDSCGROWN.COM](http://CERTIFIEDSCGROWN.COM)

FOR MORE INFORMATION ABOUT FARM TO INSTITUTION, INCLUDING RECIPES, PLEASE VISIT [SCFARMTOINSTITUTION.COM](http://SCFARMTOINSTITUTION.COM)