



More peachy tips

Remember to ...

- Handle fresh peaches carefully, as they bruise easily.
- Only wash peaches just before using or eating. They spoil quickly from excess moisture.

A 'waistline wonder'

A fresh medium peach is full of nutrients:

- Only 38 calories
- Some iron
- 5 percent daily calcium
- Vitamins A & C
- Only 9.7 gm carbohydrate

How much to buy?

- 1 pound of fresh Peaches will equal:
 - 3 medium Peaches, *or*
 - 2 cups sliced Peaches
- One bushel of fresh peaches equals 55-60 pounds or 18-24 quarts canned or frozen.

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Peaches

Tips on Nutrition, Selection, Care, Use & Recipes



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At Westview Orchards, we're positively picky about our peaches! ...we know you wouldn't want it any other way.

We-Pick or You-Pick... for Fresh Family Fun.

The family and staff of Westview Orchards take great pride in growing the best quality peaches around. We've been focusing on quality since first generation Michael arrived here from New York with peach pits in his pockets and a dream for beautiful orchards. Six generations later, we're using that time-tested knowledge mixed with modern technology, partnering with Michigan State University Extension, to offer you the best from our 35 acres of peach orchards.

When it comes to peaches, a little extra care goes a long way.

Why are Westview peaches better? We go to great lengths to provide our customers with the juiciest, most delicious peaches possible, including:

- **Annual Analysis** of each Orchard's soil & leaves—to ensure adequate nutrients for healthy peach trees & fruit production.
- **Advanced Integrated Pest Management**, since 1981 w/ MSU Extension. Since 2008, the only Enviro-weather Station in Macomb County.
- **To ensure a healthy orchard environment**, we follow the strictest guidelines set by the Michigan Department of Agriculture. Our crops and farm management practices are verified through their Michigan Agricultural Environmental Awareness Program (MAEAP).
- **Experienced Orchard Staff**—trained to hand-pick our peaches the 'old-fashioned' way—into small baskets. Each tree is picked every other day to ensure that each picked peach is ripe & sweet.
- **Each basket is carefully transported** back to Westview's large cold storage refrigeration.
- **They are immediately placed** into huge refrigerator rooms to cool in order to maintain their fresh-picked flavor.
- **Grading and sorting** are performed on specially padded equipment to protect our delicate peaches from bruising, then stored in our coolers, waiting to delight customers in our Farm Market.



Looking for the ultimate Summertime flavor treat? Peaches are the perfect pick!



Our "Peach Primer" will ensure a positively peachy experience...

How to ripen peaches

- Remove peaches from plastic bag or basket.
- DO NOT WASH until ready to eat.
- Place single layer of peaches (as many as you plan to eat in a week) on countertop/table. Cover with clean towel.
- NEVER place in direct sunlight.
- Place remainder in refrigerator in a bowl or drawer (not in plastic bags).
- On kitchen counter top, peaches ripen in 2 to 4 days.
- In refrigerator, peaches ripen in 7 days, & normally keep for another 5 days in refrigerator.

Easy way to pit & peel peaches

Skins will literally slip off a peach if you put several peaches into a pot of boiling water for 1-2 minutes. Then peel and pull skins off with a knife. Run a sharp knife all the way around the peach on the crease line. Hold peach between fingers of both hands. Twist and pull apart gently. The slight twist does the trick!

Freezing tips

- Peel washed peaches. Then pit, slice or halve as desired. Work with small quantities.
- Pack peaches in syrup (sugar dissolved in water), dry sugar or water. Add Fruit-Fresh according to directions (it keeps them from turning brown). OR just add Fruit-Fresh without sugar.
- Keep peaches covered in juice in freezing container (bag/box) by using a piece of crumpled up wax paper on "top" before putting lid on or zipping it closed.

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You'll love these fresh peach recipes:

FAT-FREE PEACH ICE CREAM

(160 Calories per serving)

INGREDIENTS:

2 Cups peeled crushed fresh Peaches (about 5 medium size)
 1 Cup Sugar 1/4 t. Almond Extract
 1 1/2 T. Lemon Juice 1/2 t. Vanilla
 1 teaspoon Fruit Fresh 1 Cup Ice Water
 1 Cup instant Non-fat Dry Milk

Crush peaches smooth. Add sugar, lemon juice, Fruit Fresh, vanilla and almond extract. Stir to dissolve sugar. Whip instant milk and water in 2-quart bowl with electric mixer until soft peaks form. Fold whipped milk into peach mixture. Pour into two 1-quart ice trays. Freeze. When frozen, turn mixture into 2-quart bowl and beat until smooth and creamy, but not melted. Return to ice trays and refreeze. Makes 1 1/2 quarts or 8 servings.

PEACHY KEEN SMOOTHIE

INGREDIENTS:

2 Cups Peaches
 1 Cup 2% Milk
 2 Scoops of Vanilla Ice Cream or 2 Cups of Vanilla Yogurt
 Pinch of Nutmeg
 1 Cup of Orange Juice
 1/4 t. Almond Extract

The almond adds a nice flavor, but try it without if you don't have any. You'll still find it delicious. Adding the ice cream really sweetens it up, so yogurt will make it less sweet. Blend this sucker up and enjoy!

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FRESH PEACH COBBLER

Mix 3/4 Cup Sugar with 2 Cup fresh, sliced Peaches; let stand while mixing batter. Mix together until smooth, 3/4 Cup Sugar, 3/4 Cup Flour, 3/4 Cup Buttermilk, 2 t. Baking Powder and 1/8 t. Salt. Melt a stick of butter or margarine in an 8-inch cake dish or casserole. Pour batter into dish, then pour peaches on top of batter. Bake for 1 hour in 350 oven.

Our Freestone Peach Varieties & Usage

Variety	Harvest Dates	Facts	Fresh	Canned	Frozen	Dessert
Red Haven	Early Aug- Early Sept	Yellow Flesh, Med Size	×	×	×	×
Pink Lady	Late Aug Early Sept	White Flesh Rose-pink Skin, Med Size	×			×
Glo Haven	Late Aug	Yellow Flesh, Large Size	×	×	×	×
Nectarines* (Freestone)	Late Aug- Early Sept	Yellow Flesh White Flesh**	×			×
Harmony	Early Sept	Yellow Flesh, Med Size	×	×	×	×
Paul Friday's Flamin' Fury	Mid Sept- Late Sept	Yellow Flesh, Med Size	×	×	×	×
Redskin	Mid Sept- Late Sept	Yellow Flesh Deep Red around Pit, Med Size	×	×	×	×

* Few due to winter kill of nectarine trees ** Freestone variety

For more "Peachy Tips" and Recipes visit our website at WestviewOrchards.com



PEACH CAKE

INGREDIENTS:

1/4 Cup Butter 1/2 t. Salt
 1 Egg 1/4 t. Cinnamon
 2 Cup Flour 1 Cup Milk
 3 t. Baking Powder Fresh Peaches
 2 T. Sugar

Sift and mix together the dry ingredients, except sugar and cinnamon; cut in the butter and add the egg and milk which have been mixed together. Mix thoroughly. Pour into well greased oblong 9" x 13" pan and cover with peeled peach halves (or slices - the more the better). Sprinkle with sugar and cinnamon mixture. Bake at 350 degrees for 35 minutes.

FRESH PEACH PIE

5 Cups peeled, sliced fresh Peaches
 3/4 Cup Sugar
 2 T. quick - cooking Tapioca
 1 T. Lemon Juice
 1/8 t. ground Cinnamon (if desired)
 Pinch of Salt
 1 t. Butter, cut into bits
 Pastry for a two-crust, 9-inch pie

Preheat oven to 400 degrees. Mix first seven ingredients into a two-quart bowl. Let stand while making pastry. Spray pie pan with vegetable shortening. Place bottom crust into pan. Prick air holes into bottom crust with tines of fork. Pour in fruit mixture. Dot with butter and cover with top crust. Crimp edges of pastry together. Create air holes in top crust with design (cut into the crust with a knife).

Place pie in middle of oven, then immediately turn oven temperature down to 350 degrees and bake until juice gently bubbles up through top crust design or until peaches are soft to an inserted knife (approximately 30-45 minutes). Cool on a rack.

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