

**WTNS Radio OSU Extension Update for July 19, 2021**  
**Healthy People. Healthy Finances. Healthy Relationships.**

On today's OSU Extension update for Healthy People, Healthy Finances, & Healthy Relationships we'll talk about juicy and delicious peaches, and as always, look at some upcoming programs from OSU Extension.

There are so many things I enjoy about summertime, and admittedly, much of it revolves around food. Fresh peaches are delightful with a wide variety of ways to enjoy them.

According to Clemson University Extension, more peaches are grown in the states of South Carolina and New Jersey than in Georgia. However, they rank second, third, and fourth in production as California grows far more than all those states combined. California grows about two-thirds of US peaches, and most of them are for processing canned and frozen peaches. Ohio ranks 23rd in the US for peach production.

Amazingly, the United States produces only 5 percent of the world's peaches. The peach tree is native to China, and that country produces 45 percent of the world crop.

When evaluating fresh peaches, the reddish "bloom" on the peach is not a sure sign the peach has been picked at its prime. Instead, look at the under color, which should be a deep yellow or creamy white. Peaches that are hard and green are immature and will never ripen properly. A mature peach will yield to gentle hand pressure. Peaches are either clingstone or freestone. This term refers to how easily the flesh separates from the pit.

The best way to ripen peaches is to place them in a single layer in a loosely closed paper bag or ripening dish at room temperature for a day or two days. Never "stack" peaches as the bottom ones will bruise. Store ripe peaches in the refrigerator for up to a week. When you are ready to eat a peach, leave it out of the refrigerator for about an hour. Allowing the peach to come to room temperature enhances the flavor. Rinse peaches just before eating with cool, running water.

A medium-sized peach has about 60 calories, made up almost entirely from naturally derived sugars. Peaches do provide vitamins A and C, potassium, and fiber.

Peaches are versatile because they can be eaten any time of day in an assortment of sweet or savory dishes. There's peach cobbler and crisps, fresh peach salsa, peach glazed pork loin, peach and chicken salad, grilled peaches... the list is really endless.

[Michigan State University has a simple recipe for Peach Sherbet.](#) Start with 5 or 6 ripe peaches. Peel and slice them, and then lay them on baking sheet lined with wax paper. Freeze the slices until frozen, about 4 hours. Next add the peaches and a can of sweetened condensed milk to a blender and puree until the mixture looks like soft serve ice cream. You can serve it immediately or freeze in an airtight container until it is a firmer texture.

[Oklahoma State Extension has a simple Peach Sorbet recipe.](#) Just blend together 4 peeled and pitted peaches with 1 ½ cups orange juice and ½ cup lowfat vanilla yogurt. Pour this mixture into an ice cream maker and make it like you would any ice cream mix.

[North Carolina State Extension offers a foodie twist on the typical peach sorbet.](#) This recipe uses frozen peaches, almond milk, freshly minced basil leaves, fresh lime juice and honey. Blend all this until smooth and then freeze in an airtight container until solid. You can find links to these refreshing recipes on our Facebook page – OSU Extension Coshocton County.

No matter how you like them, I hope you are able to enjoy some peaches this week.

Here are some upcoming programs from OSU Extension: The ServSafe® Person-in-Charge training will be August 2. Registration is also available for Dining with Diabetes. This is a cooking school and nutrition education program for people with diabetes and those who support them. Classes will be offered August 19 – September 9 and we are happy to work with Coshocton Regional Medical Center, the Coshocton County Health Department and KnoHoCoAshland Community Action to offer this program. You can find more details and registration information for these classes at [coshocton.osu.edu](http://coshocton.osu.edu).

We at OSU Extension also want to thank Ken Smailes for his decades of support for OSU Extension. We are proud that he got his start in 4-H right here in Coshocton County. We are grateful for his service as an Extension Advisory Committee member and many years of reporting our educational and community building efforts. Ken will be missed, and we wish him all the best as he continues to serve the Lord in this new full-time capacity.

In closing, at OSU Extension, we are proud to work for Coshocton County to help improve our families, farms, and businesses. Please feel free to contact OSU Extension for more information at 740-622-2265 or visit our website at [coshocton.osu.edu](http://coshocton.osu.edu). Make it a healthy day!