

## FEATURED INGREDIENT: PEACHES



The peach comes in several varieties. They may be white, yellow, or red or could be characterized by the pit (or stone) types; freestone which has stones that separate easily from the ripe flesh, or clingstones, which have flesh that adheres firmly to the stone. The skin of most ripe peaches is downy or fuzzy; peaches with smooth skins are called nectarines.

The peach is about 87 percent water and has fewer calories than either apples or pears. Yellow-fleshed varieties are especially rich in vitamin A. Peaches are widely eaten fresh as a dessert fruit, often with cream, and they are also baked in pies and cobblers. Canned peaches are a staple commodity in many regions.

### Promoting the Peach

This promotion focuses on local peaches in a variety of menu items to help customers celebrate the late summer peach season. An optional component is the "market stand" to feature local peaches for sale along with the feature recipes of the day. If peaches from your direct local area are not available from your approved suppliers, ask for peaches grown in your own province and failing that from any approved Canadian source. All peaches must be purchased from approved suppliers. This promotion is not intended to feature imported peaches.

Offer peach recipes every week or as often as you can during peach season. Focus on all the food stations as well as the market stand.

### Featured Recipes:

Fresh Peach Cobbler	<a href="#">85220</a>
Grilled Chicken Breast with Peach Salsa	<a href="#">25025</a>
Grilled Peach Salad with Arugula, Prosciutto and feta	<a href="#">42440*</a>
Grilled Turkey Salad with peaches and raspberries	<a href="#">FG45100*</a>
Peach Calzone	<a href="#">85200</a>
Pork Chops with Peach Chutney	<a href="#">22255</a>
Roasted Chicken with Fresh Peach Salsa	<a href="#">25015</a>
Peach Mustard glazed wild pacific salmon	<a href="#">26280</a>