



Gleaning Peaches



Did You Know?

16.7% or 1 in 6 of New Jersey residents face food insecurity. Food insecurity is "the state of being without reliable access to a sufficient quantity of affordable, nutritious food." If you are in need of food, you are not alone. Farmers Against Hunger works with over 70 community organizations serving those in need including food banks, soup kitchens and pantries.

Nutrition Facts: 1 cup of peaches, **Protein:** 1.5 g, **Fat:** .4 g, **Carbohydrates:** 15 g, **Fiber:** 2 g, **Sugar:** 13 g, **Calcium:** 9 mg, **Magnesium:** 14 mg, **Potassium:** 293 mg, **Vitamin C:** 10 mg

Source: USDA National Nutrient Database for Standard Reference; release 27

Recipe: *Peach Salsa*

Season: *Summer*

Ingredients: 2 fresh peaches, peeled, pitted, and diced, 1 jalapeno pepper, seeded and minced, 1/2 red onion, minced, 1/2 red bell pepper, minced, 1/4 cup chopped fresh cilantro, 3 cloves garlic, grated, 1/2 lime, juiced, 1/2 lemon, juiced, salt and pepper to taste, 1 avocado, peeled, pitted, and diced.

Instructions 1. Mix peaches, red onion, red bell pepper, jalapeno, cilantro, garlic, lime juice, and lemon juice in a bowl; add salt and pepper to taste.

2. Cover bowl with plastic wrap and refrigerate 30 mins. Gently mix in avocado and serve.

Fun Facts:

- ★ New Jersey is one of the top four peach-producing states in the US.
- ★ The peach is a member of the rose family.
- ★ Peaches are classified as either clingstone or freestone.
- ★ There are over 700 varieties of peaches.

Source: agmrc.org

For more information on **Farmers Against Hunger and NJ Agricultural Society,**
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