

Fabulous Fruit

Georgia Peaches: Sweet, Succulent & Satisfying

(NAPSA)—For a snack, dessert topping or succulent ingredient in a favorite recipe, a popular fuzzy fruit is always a peachy idea. And when you pick a peach from Georgia, you've got something extra-sweet in your hand.

Home to about 1.6 million peach trees, Georgia's central region produces 100 million pounds of peaches annually. And these round beauties are not only delicious, but also incredibly nutritious. Packed with natural goodness, Georgia peaches contain several major nutrients, including vitamins A (beta-carotene), C and potassium. They're also an excellent source of fiber, good for blood sugar and keeping cholesterol low.

But it is their distinctive, sweet taste that sets Georgia peaches apart from others in the orchard. This makes them an excellent choice for snacking, salsa and raw sauces and toppings.

"Georgia peaches hold a real place of honor on the Southern table," says chef and popular cookbook author, Virginia Willis, whose newest book is "Bon Appetit, Y'all: Recipes and Stories From Three Generations of Southern Cooking" (Ten Speed Press). "Like the wonderful generations of families who grow them, these delicious beauties are very special. They have a sweetness all their own and really make a statement on the plate," Willis adds.

One way to enjoy Georgia peaches is with this sweet-and-tangy salsa recipe. Stir up a batch and you'll be on your way to better health by getting at least five servings of fruits and vegetables a day. To learn more, including recipes, health information, pointers on picking and storage tips,



Uniquely versatile Georgia peaches have a deliciously juicy, sweet flavor.

visit www.gapeaches.org.

SWEET GEORGIA PEACH SALSA

Yield: About 3½ cups

- 2 cups peeled and chopped Georgia peaches**
- ¾ cup chopped red bell pepper**
- ¼ cup seeded, chopped cucumber**
- ¼ cup sliced green onion**
- 1 to 2 tablespoons seeded, finely minced jalapeño pepper**
- 2 tablespoons honey**
- 2 tablespoons lime juice**
- 1 tablespoon finely chopped cilantro**

Combine all ingredients. Cover and chill for several hours, stirring occasionally.