

## PEACH CAKE

- ½ cup sugar
- ½ cup flour
- 1 teaspoon baking powder
- ½ cup milk
- ½ stick margarine
- 2 cups juicy, ripe peaches
- ¾ cup sugar
- 1 tablespoon lemon juice

Mix ½ cup sugar, flour, baking powder, and milk. Cut margarine into small pieces and place in bottom of a baking dish. Pour batter into dish (batter does not have shortening). Combine peaches with ¾ cup sugar and lemon juice. Spoon over batter in dish. Bake 30 to 35 minutes at 350 degrees F. The cakelike batter will rise to the top, and the peaches will be on the bottom. Serve hot or cold with or without ice cream.

## SPICY PEACH COBBLER

- 3 cups fresh peaches
- ½ cup sugar
- ½ teaspoon cinnamon
- ½ teaspoon nutmeg
- 1 teaspoon grated lemon peel
- 1 tablespoon lemon juice
- 1 teaspoon almond extract
- 2 tablespoons water
- 1½ cups sifted flour
- 3 teaspoons baking powder
- 1 tablespoon sugar
- ½ teaspoon salt
- ⅓ cup shortening
- ½ cup milk
- 1 egg, beaten well
- 3 tablespoons sugar

Place sliced peaches in a greased casserole dish or pan. Mix ½ cup sugar, cinnamon, and nutmeg; sprinkle over peaches. Combine lemon peel, juice, almond extract, and water; add to peaches. Place in a 400 degree F oven and heat while preparing dough.

Sift flour, baking powder, 1 tablespoon sugar, and salt together. Cut in shortening until mixture is like coarse crumbs. Combine milk and egg; add to dry ingredients and stir until flour is just moistened. Spread over peaches and sprinkle with 3 tablespoons sugar. Bake at 400 degrees F for 35 to 40 minutes or until peaches are tender.



Your Experts for Life

**Barbara Struempfer**, *Extension Nutritionist*, Professor, Nutrition and Food Science, Auburn University. Originally prepared by **Oleane Carden Zenoble**, former *Foods Specialist*, and **Arlie Powell**, former *Extension Horticulturist*.

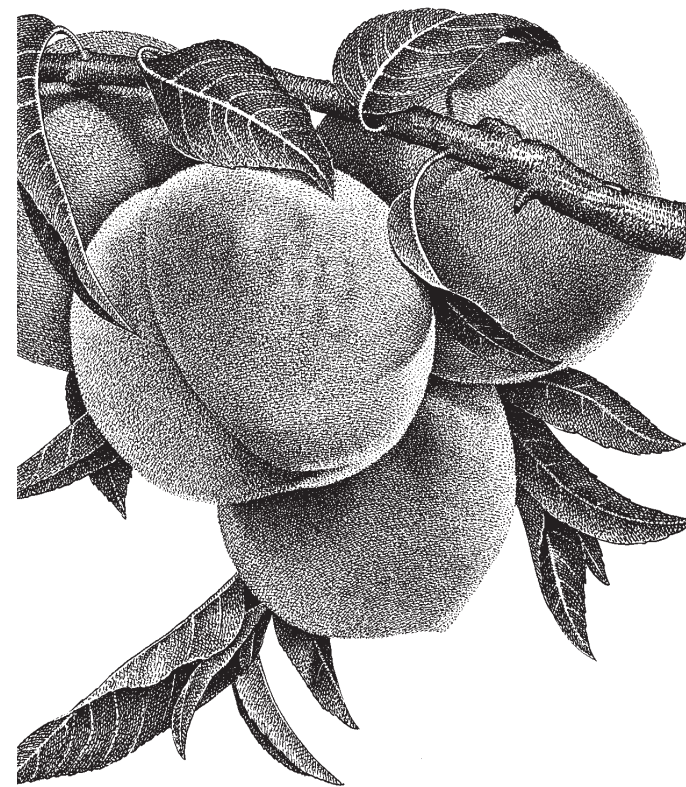
**For more information**, call your county Extension office. Look in your telephone directory under your county's name to find the number.

Issued in furtherance of Cooperative Extension work in agriculture and home economics, Acts of May 8 and June 30, 1914, and other related acts, in cooperation with the U.S. Department of Agriculture. The Alabama Cooperative Extension System (Alabama A&M University and Auburn University) offers educational programs, materials, and equal opportunity employment to all people without regard to race, color, national origin, religion, sex, age, veteran status, or disability.

5M, Reprinted June 2006, HE-576

HE-576

# Alabama Peaches



Alabama Cooperative Extension System  
Alabama A&M and Auburn Universities

[www.aces.edu](http://www.aces.edu)

# Alabama Peaches

**T**hirty to forty varieties of peaches are grown commercially throughout Alabama. The harvest season begins in South Alabama in early May and is completed in North Alabama in early September. Alabama producers harvest their peaches riper than many southeastern producers who ship them long distances. Because fruits are more mature when picked, they tend to have the full flavor of the variety grown. Freshly harvested fruits are available not only in grocery stores but also at roadside outlets and pick-your-own operations.

## Harvesting Peaches

If you grow your own fruit, it is important to know when to properly harvest. Look at the ground color or undercolor—not the red blush. On yellow-fleshed varieties, the undercolor changes from green to light green to yellow. On white-fleshed varieties, the undercolor changes from green to light green to ivory. For maximum flavor, pick peaches when all green color is gone around the stem end.

Unlike apples and pears, which easily ripen off the tree, peaches never improve in sugar content (or ripening ability) after harvest. Therefore, for greater flavor, allow peaches to ripen on the tree.

## Preserving Peaches

The following list of Alabama peaches should be helpful in deciding which varieties to use for canning, pickling, freezing, or eating fresh. Some of the most important varieties grown are listed below in order of ripening with the earliest varieties listed first.

Variety	Use			
	Fresh	Freeze	Pickle	Can
Flordaking	✓		✓	
Springold	✓		✓	
June Gold	✓		✓	
Dixired	✓		✓	
Correll	✓		✓	
Sentinel	✓	✓	✓	
Summer Prince	✓	✓		✓
Redhaven	✓	✓	✓	✓
Harvester	✓	✓		✓
Majestic	✓	✓		✓
Red Globe	✓	✓		✓
Loring	✓	✓		✓
Cresthaven	✓	✓		✓
Dixiland	✓	✓		✓
Redskin	✓	✓		✓
Bisco	✓	✓		✓
Jefferson	✓	✓		✓
Monroe	✓	✓		✓
Autumn Glo	✓	✓		✓
Rio Oso Gem	✓	✓		✓

## Serving Peaches

Peaches are nutritious and appetizing. Deep yellow peaches are rich in vitamin A. One medium-sized peach contains 35 calories. Peel fresh peaches just before serving. Or coat peaches with orange or lemon juice or fruit freeze powder to prevent browning. Enjoy peaches in a variety of ways:

- Stuff peach halves with fresh blueberries and serve as a salad.
- Stuff peaches with cranberry relish and serve with turkey.
- Broil peaches with brown sugar, honey, and a dot of butter or margarine to serve with pork, lamb, or veal.
- Serve spiced peach halves with chicken.

## Peach Recipes

### PEACH CONSERVE

- 4 pounds of peaches**  
(weighed after preparing)
- 2 oranges**
- 6 cups sugar**
- 2 tablespoons lemon juice**
- 1 cup blanched almonds, chopped**

Select firm but very ripened peaches. Wash peaches thoroughly, peel, and cut into uniform pieces. Wash and peel oranges. Slice half of the peeling into very thin strips, and discard other peeling and seeds.

Mix peaches, orange pulp, sliced peel, sugar, and lemon juice. Bring to a boil; then cook rapidly until the mixture is somewhat thick, clear, and transparent. Remove from heat for 3 to 5 minutes. Add almonds and cook 5 minutes longer.

Pour hot mixture into hot, sterilized canning jars and leave ½-inch head space. Remove air bubbles with knife. Adjust jar lids as recommended by manufacturer. Process in boiling waterbath canner (212 degrees F) for 10 minutes.

### PEACH MELBA

- 1 10-ounce package frozen red raspberries, thawed**
- 1/8 teaspoon cream of tartar**
- 2/3 cup sugar**
- 1 quart vanilla ice cream**
- 12 small fresh or canned peach halves**

To make sauce, press raspberries through a very fine sieve into a small saucepan. Stir cream of tartar and sugar into raspberry puree. Heat quickly to boiling. Boil 3 minutes, stirring constantly. Cover. Chill thoroughly. Sauce thickens as it chills.

To serve, place a scoop of ice cream in deep dessert dishes. Arrange peach half on either side of ice cream. Pour sauce over all. Makes 6 servings.