

# GOOD

FOR YOU

1

HIGH IN  
DIETARY FIBER

2

VITAMIN C

3

LOW IN  
CALORIES

# PICK

A PERFECT PEACH

Slightly yields to pressure  
along the seam.

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Background color  
around the stem cavity:  
Lime green = 2-3 days until ripe  
Creamy yellow = ready to eat!

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Never refrigerate before ripe.



# ENJOY

[GAPEACHES.ORG/  
RECIPES](https://gapeaches.org/recipes)



[gapeaches.org](https://gapeaches.org)

#GeorgianInJuly    