

# GOOD

**FOR YOU**

1

**HIGH IN  
DIETARY FIBER**

2

**VITAMIN C**

3

**LOW IN  
CALORIES**

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

# 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](http://GAPEACHES.ORG/RECIPES)**



**#GeorgialnJuly**    