

South Carolina Peach Council



FOR IMMEDIATE RELEASE

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SC Peach Season: A Sweet Surprise for South Carolinians this Spring

COLUMBIA, S.C., May 25, 2012 – To the surprise of many Palmetto State residents, the highly anticipated season of the famously nostalgic and tasty treats of South Carolina began a few weeks early! “The Tastier Peach State” is living up to its affectionate nickname with this year’s exceptionally sweet and juicy crop. Due to a warm 2011/2012 winter season, peaches ripened early this spring, but consumers are certainly not complaining! Many peach growers and packers around the state began their harvest the first week of May; almost two weeks earlier than normal.

Peach season is always an exciting time of year for South Carolinians and this year is no exception. The delicious taste of this year’s crop will not disappoint so be sure to get out to your nearest market and pick up your South Carolina grown peaches today. The fruit may be smaller this year because of the dry spring, but the flavor will be more intense as the sugar content is more concentrated in every bite.

One of the best things about a peach is that they can be enjoyed in so many different ways. Whether firm, soft, or somewhere in-between, you can find a way to prepare and enjoy them. Proper handling of your Certified SC Grown peaches is key to retaining their sweet and juicy flavor. They are temperature-sensitive so be sure to keep them on a counter top at room temperature for them to ripen. Remember that the beautiful red blush on SC peaches does not indicate ripeness. Look for a fragrant aroma and no green around the stem when judging their ripeness.

SC Peaches are more than just tasty though; they are full of nutrition! They are a good source of vitamin C and also contain fiber and vitamin A. Our certified peaches are fat-free and sodium-free as well.

Certified South Carolina Grown Peaches will be available throughout the state all summer long. You can visit the SC State Farmer’s Market on Saturday, June 2nd for the “Fresh Fest!”. There will be exciting events all day for the whole family including a “Reach for the Peach” 5K and 10K where you can cross the finish line with a certified SC peach in your hand! Registration for this race is still open at www.scfreshfest.com. Also, be sure to come out to the Farmer’s Market on Saturday, July 14th for “SC Peach Market Day” and visit us! We will be handing out one free peach to every visitor! You can locate your nearest roadside market that offers Certified SC Peaches online at www.certifiedscgrown.com. Remember, buying Certified SC Grown peaches not only gives you the best tasting peaches available, but helps to support our local SC farmers and the great Palmetto State!

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The delectable Chipotle Peach Salad recipe would go great with some Certified SC peaches and is sure to make your summer get-togethers a hit!

Be sure to follow the South Carolina Peach Council on Facebook and Twitter to get the latest Peachy news and recipes all summer long! We will update you on everything from where to find Certified SC Grown peaches to how to bring the best SC dishes to your summer get-togethers.

Facebook: facebook.com/SCPeachCouncil

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Chipotle Peach Salad

Ingredients

1 pound boneless, skinless chicken breasts
1 ½ tablespoon adobo sauce from chipotle can, divided
1 chipotle pepper
2 ripe South Carolina peaches, divided
3 tablespoons olive oil
3 tablespoons fresh lime juice
½ teaspoon salt
½ teaspoon sugar
1 bag romaine lettuce
½ cup quartered and thinly sliced red onion
½ cup coarsely crushed white tortilla strips

Directions

Rinse chicken breasts and pat dry. Sprinkle with salt and pepper and brush with 1 tablespoon adobo sauce. Grill for about 5 minutes per side or until nicely charred and cooked through. Chill; then cut into small bite-size strips. Peel and pit one of the peaches. Transfer to a blender container with the chipotle pepper, the remaining adobo sauce, olive oil, lime juice, salt and sugar; blend until smooth. Pit and thinly slice the remaining peach and place in a large salad bowl with the romaine and onion. Drizzle with dressing and toss well to coat. Top with tortilla chips.
Makes 4 to 6 servings.

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