



# Exquisite BC Peaches

## THE ORGANIC BOX NEWS

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Nothing quite beats biting into a perfectly ripe and ready BC peach! They are syrupy, sweet, and an incredibly nutritious fruit. Peaches are rich in vitamin C, and vitamin A. They are a good source of potassium, flavonoids, natural sugars, and carotenoids. Carotenoids are the red, yellow, and orange pigments which give fruits and vegetables their bright colors.

They are a potent immune system booster, and protect against heart disease.

Eating fresh, raw peaches is the most effective way to get the full nutritional value of peaches! Not to mention the full taste.



This week's peaches come from Covert Farms, in British Columbia. Their peach harvest date began August 10th, making these peaches exceptionally fresh!

Over 600 acres of sand made up what is today Covert Farms. People laughed when George Covert bought the desert-like piece of land. Today, they produce truly bountiful harvests.

Covert Farms is one of the leaders in quality organic fruit production in the Okanagan. Their goal is to continue providing the highest quality of fruits and vegetables to the public, and to promote and support a healthy community and agro-tourism in the South Okanagan. They offer farmgate sales, a home delivery program, and lots of u-pick adventures. Be sure to visit them if you are in the south Okanagan this year.

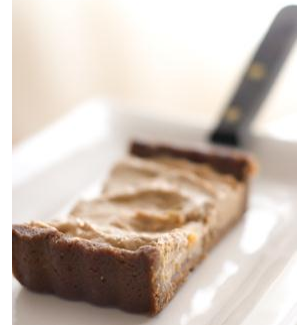
The Organic Box  
3620 98 Street  
Edmonton, AB T6E 1G6

Tel: 780 469-1900  
Fax: 780 469-1971  
Email: [info@theorganicbox.ca](mailto:info@theorganicbox.ca)  
[www.TheOrganicBox.ca](http://www.TheOrganicBox.ca)

## Peaches and Cream Pie

- 1 pie crust
- 6 peaches
- 1 cup whole raw cashews (raw cashew pieces can be used)
- 1/4 cup raw honey
- 1/4 cup lemon juice
- 1 tablespoon non-alcohol vanilla extract
- 2 teaspoons cinnamon
- 2 teaspoons nutmeg
- Pinch of sun-dried sea salt

Cut the peaches in half and remove the pits. Peel the peaches and slice into thin slices. Soak the cashews in 2 cups fresh water for 30 minutes. Drain and rinse. In a blender or food processor, blend cashews, honey, lemon juice, vanilla, cinnamon, nutmeg and sea salt until smooth. Fold the cashew sauce into the sliced peaches. Spread the peach and cashew mixture into the pie crust. Allow to chill for an hour or two in the refrigerator before serving.



Recipe borrowed from  
<http://www.101cookbooks.com/archives/000179.html>

