



## Giving Peach a Chance

**Gary Crawford** [00:00:00] And now thanks to the old Firesign Theater another edition of...

**Male Voiceover** [00:00:03] Everything you know is wrong.

**Gary Crawford** [00:00:07] All right. Let's see if it is with regards to peaches. And we're here at the Agriculture Department's Farmers market on the Mall in Washington D.C. in the VegU-cation tent. Today's Chief VegU-cator, Kay Rentzel, executive director of the National peach council. So, Kay, our first question is, what state is the largest peach growing state? Of course, everybody knows it's...

**Male singing voiceover** [00:00:26] Georgia. Georg-ia.

**Gary Crawford** [00:00:31] Uh-oh. Kay push the, that's right you're wrong button. It's not Georgia. Who is it then?

**Kay Rentzel** [00:00:35] The largest state producing Peaches is actually the state of California.

**Gary Crawford** [00:00:40] Proving again...

**Male Voiceover** [00:00:40] Everything you know is wrong.

**Gary Crawford** [00:00:43] But Georgia's got to be number two. Oh, wrong again. So, number two is...

**Kay Rentzel** [00:00:49] South Carolina.

**Gary Crawford** [00:00:50] South and then Georgia is number three. And then for number four you know I would think probably in North Carolina. Wrong. So, Kay, what state is it?

**Kay Rentzel** [00:00:59] New Jersey.

**Gary Crawford** [00:00:59] New Jersey, I never would've picked that state as a big peach producing state proving once again, everything I know is wrong. Now many of us think of peaches as dessert type items filled with sugar calories and all of that. Kay, I see you wincing at that. I gather you're here at VegU to try to dispel that idea. Is there evidence though to do that?

**Kay Rentzel** [00:01:22] Well yes there is.

**Gary Crawford** [00:01:23] All right lay it on us.

**Kay Rentzel** [00:01:25] They're are a great source of vitamin A and B. Peaches contain about 17 percent of the daily recommended vitamin C levels of Peach. That's typically the size that you'll find on the grocery store shelves is only 61 calories, no fat, no cholesterol, no sodium. Total carbohydrates are 15 grams and one gram of protein. So, we are very healthy.

**Gary Crawford** [00:01:46] Of course though we still associate peaches with desserts. Now you and a fellow VegU-cator, Chantel Oyi over there are, whipping up something to have the people here try. Chantel, it doesn't look like a dessert item.

**Chantel Oyi** [00:01:58] I'm may a peachy ginger soup.

**Kay Rentzel** [00:02:01] Our goal is to get people to think outside of the box.

**Gary Crawford** [00:02:05] And inside the bowl evidently?

**Kay Rentzel** [00:02:07] Absolutely.

**Gary Crawford** [00:02:07] All right so let's move over to Chantel here. You're making soup and I see all kinds of ingredients that you have lined up here about three and a half pounds of peeled and pitted peaches, a teaspoon of ground ginger, about one and a third cups of heavy cream, couple of tablespoons of, what's that, apple juice. Yeah. So, what are you going to do with all this?

**Chantel Oyi** [00:02:25] We're going to blend it in the bowl. So, first thing we're going to do is add our peaches and our ginger and puree them to there to a nice thick consistency. And then we're going to add heavy cream and apple juice, blend that all together, and then chill it and serve.

**Gary Crawford** [00:02:37] Oooh A cool food for a hot day. For the complete recipe, go online search USDA VegU recipe search VegU V-E-G-U recipes. And Chantel, you've got a final life altering thought I understand.

**Chantel Oyi** [00:02:49] Practice what you preach.

**Gary Crawford** [00:02:51] Aha. Also remember not everything we know was wrong. Just most it. Gary Crawford for the U.S. Department of Agriculture, Washington.