Eat Peaches!

At its ripest and best the peach is a food that forces you to adopt a special eating position - bowing forwards at an angle of 30° and with arm raised above the horizontal - to avoid being bathed in peach juice (now there's an idea...).

Imported peaches can never quite compare with those picked whilst at their peak and eaten at a market in France, Spain or Italy, but they still make a fantastic summer treat. special, rarely made treats like Chestnut and Pumpkin pie or Georgia Peach Cobbler.

**HISTORY** - Native to China, peaches were taken along the Silk Route to Persia and were later spread to North and West Europe by the Romans. The peach is easily raised from seed and is now grown in temperate climates across the globe.

**BIOLOGY** - The peach tree (Amygdalus persica) is a member of the rose family and is related to both the apricot and the almond. Hundreds of varieties are available - mostly classified as yellow fleshed or white fleshed. Nectarines are a smooth skinned variety.

**BUYING** - Peaches get softer and juicier after picking but they only develop flavour and sweetness on the tree. Choose fruit that yield slightly to pressure: firmish fruit are fine but hard fruit should be avoided. The amount and depth of pink coverage on the skin varies and does not signify ripeness, but any sign of green reveals fruit that has been picked prematurely. Scent strength is a very good indicator of the level of flavour.

**COOKING** - Scan the code below to view the recipe for ‘Georgia peach cobbler’ on the seasonal recipes blog.

or visit: qmulsustainability.wordpress.com/recipes