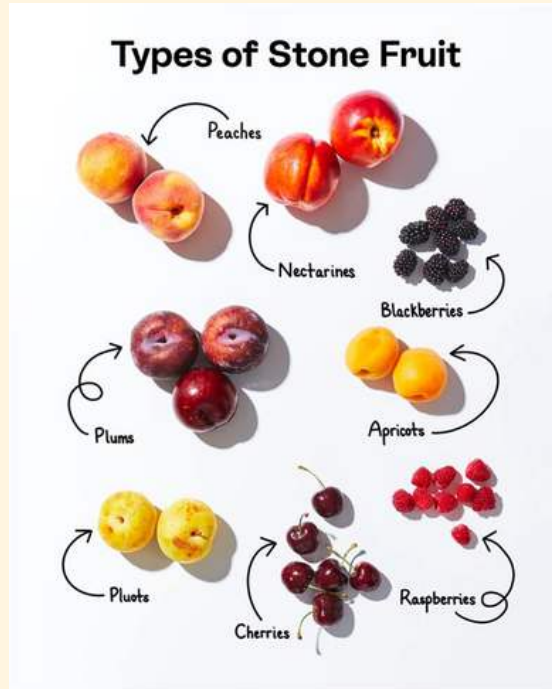


# Pit Stop!

Stone fruits are rich in antioxidants. They are also full of Vitamins A and C. This means that while you enjoy a juicy peach, you're also stimulating the function of your immune system.



Let stone fruits ripen at room temperature. Once ripe, they can be refrigerated in a bag or container for about 3 to 5 days. Storing a stone fruit in a paper bag with a banana will speed up the fruit ripening process.

**Recipe:** Summer is almost over- can you believe it! Lets not make it bitter- let's make it sweet with this tasty dessert- Baked Nectarines (you can also make this with peaches). Add a swoop of ice cream to keep the memories of summer alive! You can bake this in an oven, toaster oven, or cook it in a pan.



**Recipe:** Try this Peach Salsa and awaken your world to a whole new set of flavors!

