**STONE FRUIT**
(Peaches, Plums, Nectarines, Cherries)

**WHAT’S IN IT FOR YOU?**
- Vitamin C to help heal cuts and to keep you healthy
- Vitamin A for healthy eyes and skin

**SERVING IDEAS**
- Slice fruit into green salads
- Put fruit chunks into a blender with low fat vanilla yogurt and orange juice for a refreshing smoothie
- Cut in half, remove seed, and grill for 8 minutes (4 minutes each side) for a perfect picnic dessert!

**STORAGE**
- To ripen fruit, put into a paper bag and place on the counter for 3 days
- Store ripe fruit in the refrigerator for up to 5 days

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**FRUIT SALAD**
Makes (8) ½ cup servings

**Ingredients:**
4 cups of your favorite stone fruit, pitted and chopped into bite-sized chunks
2 tablespoons orange juice

**Optional:**
Low-fat flavored yogurt
Chopped Nuts
Crunchy cereal

**Instructions:**
1. Toss fruit chunks together with orange juice.
2. Layer with optional topping(s) if desired.

SOURCE: Adapted from Harvest of the Month/Network for a Healthy California

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