

Seasonal Eating
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Georgia Peaches Have Nothing on Tennessee!

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My name is Ashley, and I have the pleasure of interning with Bedford County Extension this summer. I am about half way through my internship, and I am having a blast so far. I have learned so many new things and gained countless new experiences.

Just last week, we went peach picking at Forgie's Fruit Farm located just outside of Lewisburg. This was my first time going there, and it was great fun. The weather was absolutely perfect and the trees had an overwhelming amount of peaches. I had only picked a few peaches because I was trying not to get carried away; however, after the first bite, I immediately regretted that decision. It was the best peach I had eaten in a long time. It was so juicy and sweet, and it brought back memories of summertime at my grandma's house. She had a peach tree in her backyard, and we would go pick a few fresh peaches every time we visited her. Even our dog would grab one to eat from off the ground!



It was definitely a good year for peaches in Tennessee. I saw some peaches that could even give Georgia a run for its money! They were so big and juicy, and I have been craving peaches ever since I left. Of course, peaches by themselves are a great snack, especially when you have a sweet tooth. They are also great turned into preserves as well as cobblers and pies.

Another great way to use peaches is in this recipe for Blueberry Peach Streusel Cake. The cake is tender and warmly spiced. My favorite parts were the warm peaches and blueberries and the crumbly, crunchy streusel topping. I love pecans, and they added a wonderful texture to the cake.

Peaches will be in season in middle Tennessee from now until about the end of July along with the local Bedford County blueberries, so you can try out new ways to incorporate one of summer's most popular fruits into your family's meals.

Visit the Bedford County Extension website for more recipes and information about seasonal eating (bedford.tennessee.edu).

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Blueberry Peach Streusel Cake

- 1 1/2 cups flour
- 3/4 cup sugar
- 1 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1/8 teaspoon ground cloves
- 2 teaspoons baking powder

3/4 cup heavy cream
2 teaspoons vanilla extract
1 egg
4 tablespoons butter, melted
3 ripe peaches, peeled and roughly chopped
1/2 cup blueberries

Streusel:

3/4 cup flour
1/2 cup sugar
1/2 cup brown sugar
1/2 teaspoon kosher salt
1 teaspoon ground cinnamon
1/4 teaspoon ground nutmeg
1/8 teaspoon ground cloves
1/2 cup cold butter, cut into pieces
1 cup chopped pecans

For cake, whisk together flour, sugar, cinnamon, nutmeg, cloves and baking powder in a medium bowl. In mixer bowl, beat cream, vanilla, egg and butter until frothy. Fold in the flour mixture until blended but do not over mix. Spread batter into a greased and floured 9" springform pan. Spoon peaches and blueberries over the top and press lightly into batter. For streusel, whisk together flour, sugars, salt, cinnamon, nutmeg and cloves. Cut in butter until crumbly. Mix in the pecans. Cover fruit with streusel, pressing lightly. Bake at 350 degrees for 60-65 minutes or until set. Remove from oven and let cool on a rack for 1 hour. Remove sides from pan, cut and serve.