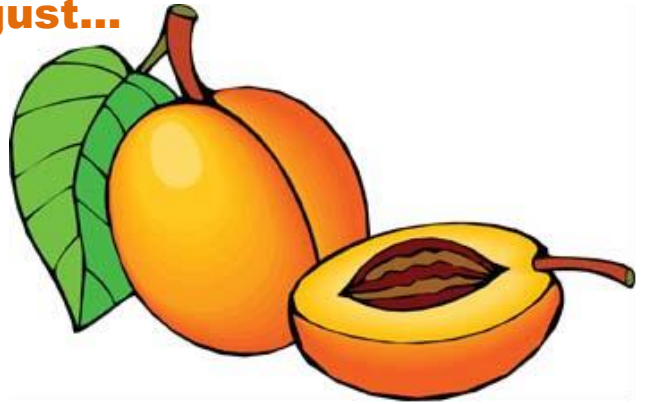


Kid Friendly Recipe for August...

Ginger Peach Smoothie - Serves 2

- 1 cup milk
- 1 peach
- 1 frozen banana
- 1 tsp honey or agave
- 1 dash ginger
- 1 dash nutmeg



Directions:

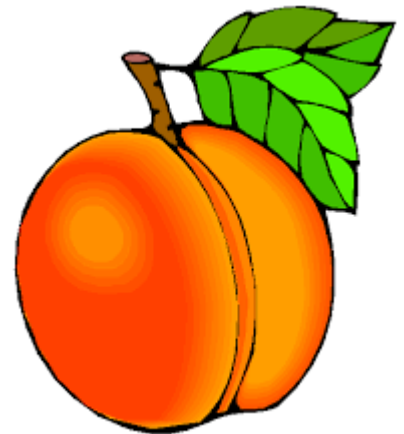
Layer the first three ingredients in the blender in the order listed above. Puree until smooth. Taste the smoothie and add honey if desired. Add a sprinkling of the spices and blend to combine. Enjoy!

Recipe courtesy of Mary Younkin at Barefoot in the Kitchen

Adult Friendly Recipe for August...

Peachy Chipotle Salsa - Serves 6

- 2 cups diced ripe peaches
- $\frac{3}{4}$ cup fresh lemon juice
- $\frac{1}{2}$ cup red onion, diced
- $\frac{1}{2}$ cup red bell pepper, diced
- $\frac{1}{4}$ cup canned chipotle chili peppers, seeded and minced
- 1 $\frac{1}{2}$ teaspoons minced garlic
- 1 $\frac{1}{2}$ teaspoon toasted and crushed cumin seeds
- $\frac{1}{2}$ teaspoon minced fresh oregano
- $\frac{1}{8}$ teaspoon salt
- $\frac{1}{8}$ teaspoon freshly ground black



Directions:

Combine all ingredients in a large bowl. Cover and refrigerate for up to 3 days. Try it over baked fish, chicken or pork.

Adapted from: www.fruitsandveggiesmorematters.org