



NEWS RELEASE

Defense Commissary Agency

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Savor delicious, fresh summer flavors while they last

*By Kay Blakley,
DeCA home economist*

FORT LEE, Va. – Summer peaches, the very essence of fresh, healthy and delicious, are in abundance at your local commissary right now. Enjoying a peach that’s ripe enough to send a tunnel of juice running down your chin is one of the season’s best pleasures. Keep enough on hand to repeat that pleasure every time the mood strikes, buy a few more to use in the easy Peach Pie or Peach-Raspberry Cobbler recipes, or experiment with a savory main dish like the Baked Chicken with Georgia Peaches. Of course, your peaches may or may not actually be from Georgia, but don’t let that worry you – the dish will still be excellent.

All kinds of berries are readily available now, too. Be sure to check out the Blueberry Cobbler recipe. Hungry mouths at your house may be calling out for one of these. It’s quick and easy and “Oh so very good!”

Berries can get pretty expensive when not in season, so if you’d like to make the season last, just freeze a few. Rinse and dry the berries; spread them in a single layer on a cookie sheet and freeze, uncovered, until hard, about four hours. Transfer to freezer bags or airtight containers and freeze for up to six months. This works for all kinds of berries, including strawberries. To freeze stone fruits like peaches, apricots, nectarines and plums, remove the pits; slice in halves or wedges and toss with a little fresh lemon juice to prevent browning, then proceed as above.

Here is a scrumptious recipe for **Baked Chicken with Georgia Peaches** that serves eight:

Ingredients:

8 skinless, boneless chicken breast halves
1 cup brown sugar
4 fresh ripe peaches – peeled, pitted and sliced
1/8 teaspoon ground ginger
1/8 teaspoon ground cloves
2 tablespoons fresh lemon juice

1. Preheat oven to 350 degrees. Lightly grease a 9×13-inch baking dish.
2. Place chicken in the prepared baking dish, and sprinkle with 1/2 cup of brown sugar. Place peach slices over chicken, then sprinkle with remaining 1/2 cup brown sugar, ginger, cloves, and lemon juice.
3. Bake for about 30 minutes in the preheated oven, basting often with juices, until chicken is cooked through and juices run clear.

Come to Kay's Kitchen at <http://www.commissaries.com> and check out other featured recipes for Blueberry Cobbler, Peach-Raspberry Cobbler and Peach Pie. You'll also want to enjoy lots of fresh tomatoes and watermelon before summer is gone, so this week's collection includes two new recipes that are on my own favorite list — Shrimp Cocktail Salad, and Watermelon and Crab Gazpacho. Try them and let me know if their unique combinations strike your fancy, too.

As always, you'll save 30 percent or more on the ingredients for all of these recipes in your local commissary.

-DeCA-

About DeCA: *The Defense Commissary Agency operates a worldwide chain of commissaries providing groceries to military personnel, retirees and their families in a safe and secure shopping environment. Authorized patrons purchase items at cost plus a 5-percent surcharge, which covers the costs of building new commissaries and modernizing existing ones. Shoppers save an average of more than 30 percent on their purchases compared to commercial prices – savings worth more than \$4,400 annually for a family of four. A core military family support element, and a valued part of military pay and benefits, commissaries contribute to family readiness, enhance the quality of life for America's military and their families, and help recruit and retain the best and brightest men and women to serve their country.*