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FOR IMMEDIATE RELEASE

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YOU CAN NEVER HAVE TOO MANY PEACHES, PLUMS OR NECTARINES!

In late summer, fresh picked peaches, plums and nectarines are at their peak in the Hudson Valley.

Join Cornell Cooperative Extension of Ulster County's (CCEUC) Nutrition Program Educator, Janie Greenwald as she demonstrates easy and nutritious recipes using these great summer fruits. The demo will take place on Saturday, August 14 from 11:00am to 12:00pm at the Kingston Farmer's Market located on Wall Street in the City of Kingston.

CCEUC provides nutrition and food budgeting education as well as other nutritious and low cost meal ideas to limited income residents of Ulster County through the USDA programs EAT SMART NEW YORK (ESNY) and EXPANDED FOOD AND NUTRITION EDUCATION (EFNEP).

For more information about Cornell Cooperative Extension of Ulster County's community programs and events call 845-340-3990 or visit us online at www.cceulster.org or follow us and Ulster County 4-H Youth Development on www.facebook.com.

Building Strong and Vibrant New York Communities