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Plant-Based Peach Perfection: A Salad and Sweet Treat

Hi ,

June brings warm breezes, longer days, and the irresistible sweetness of sun-ripened peaches. They're finally in their prime—juicy, fragrant, and perfect for bright, seasonal dishes. I shared a [Peach Pico di Gallo](#) recipe last month, but I'm not done celebrating this summer gem just yet. With Father's Day around the corner and backyard gatherings in full swing, it's the ideal time to savor fresh flavors and simple moments that make this time of year so special.

Recipes

Grilled Peach Spinach Salad and Incredible Peach Crisp

Make my [Grilled Peach Spinach Salad](#) and drizzle it with a luscious Honey Miso Mustard Dressing for a light yet satisfying dish that's perfect for warm days and casual gatherings. Grilling peaches caramelizes their natural sugars, softens firm fruit, and adds a touch of smokiness. These golden gems are a dreamy topping for fresh greens, bursting with summery sweetness and vibrant color. No grill? No problem—a cast iron skillet or grill pan brings the same sunny vibes right to your kitchen.

Time to lighten up your dessert game! *PLANTifull Fare's* [Incredible Peach Crisp Dairy-Free Gluten-Free](#), dairy-free and gluten-free, delivers all the nostalgic summer flavor, without the heaviness. Juicy, sun-ripened peaches bubble beneath a golden oat and almond flour crumble, kissed with cinnamon and naturally sweetened with maple and coconut sugar. Serve it warm with a scoop of your favorite vanilla-bean coconut ice cream or chilled with a dollop of [Gracious Vegan's Whipped Cream](#), and you've got a crowd-pleasing finale that feels indulgent yet wonderfully light.



Grilled Peach Spinach Salad



Incredible Peach Crisp

Quick Kitchen Tip

Few things ruin a sweet peach moment like battling a stubborn pit. Clingstone peaches, common early in the season, tend to hang on tight. Freestone peaches, which arrive mid to late summer, release the pit with an easy twist. And then there is the semi-freestone which is a little of both—easier than clingstone, not quite freestone.

How to Loosen a Clingstone Peach Pit

1. *Cut Around the Pit:* Instead of slicing the peach in half vertically, cut it into quarters. Slice down to the pit and gently twist each quarter to separate. This gives you better leverage than trying to pry two halves apart.
2. *Use a Spoon or Paring Knife:* Once you have a section cut away, use a small spoon, grapefruit spoon, or paring knife to carefully cut around the pit and lift it out. It's a little messy but effective.
3. *Chill First:* A cold peach (refrigerated for an hour or so) is often firmer and easier to work with than a super ripe room-temperature one when it comes to pit removal.
4. *Go With the Flow:* If the pit just won't budge, slice the peach into wedges around it and snack on the pieces left on the pit—or save them for a smoothie!

Happy Father's Day

I was born the day before Father' Day, and when the doctor saw me, then looked at my dad, he said, "There's no denying this one!" As the fourth of five kids, I've heard that story countless times. With his strong Italian nose—just like his mother's, well, genetics don't lie. Years later, when my second son was born, I had the same moment.

Dr. Mehmet Oz once said, "[Genes load the gun, but your lifestyle pulls the trigger.](#)" A prominent cardiothoracic surgeon, television health and wellness personality, now the head of the Centers for Medicare & Medicaid Services, he reminds us that while our genes set the foundation, it's our choices that shape our health.

So, what's my point—besides being my father's lookalike born just in time for his day?

You have more power over your health than you might think. Genetic tests can offer insight, but even a quick lifestyle check can be revealing. Are you [moving 30 minutes a day?](#) Eating [fewer oils](#), dairy, and processed foods? Reducing stress and [adding joy?](#) These choices matter—and they're yours to make.

Wishing you a truly Peachy June!

I hope these bright, wholesome recipes add a splash of joy and flavor to your meals this summer. Thank you for being such an important part of the [PLANTifull Fare](#) community. I always love hearing how you bring these dishes to life—so don't hesitate to hit "**reply**" and share your kitchen adventures.

Until next time - stay cool, eat vibrant, and keep it deliciously PLANTifull!

Peas n health,

~ Donna

PS ~ And if you enjoyed this newsletter, I'd love for you to pass this along to friends and family so they can [subscribe](#) too! Feel free to direct them to my [home page](#), [join page](#), follow on [instagram](#), or any individual [blog post](#). Your support means the world to me!



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