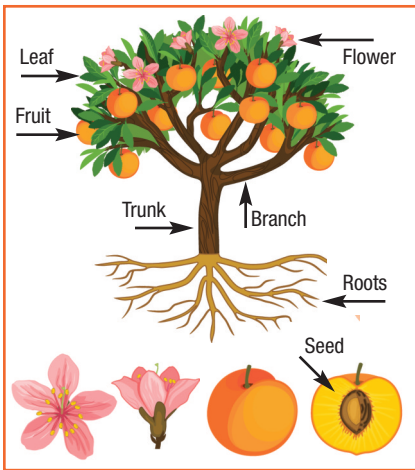




# Let's Talk About Peaches



## How Do Peaches Grow?

- Peaches grow on trees that are at least three years old.
- Every spring, peach trees grow pink flowers called "peach blossoms."
- Bees fly around and pollinate the flowers. The peach fruit starts to form where the flowers fall off. Early peaches are small, hard, and green.
- As they grow, their color changes, and by the end of the summer they are reddish-orange, large, soft, and round.
- The peach harvest begins in July and continues through September.

## Nutrients In Peaches

Peaches are rich in vitamin A.

Vitamin A is good for vision and helps your eyes see in the dark.

Peaches also have vitamin C.

Vitamin C helps keep our bodies healthy by preventing illness and healing cuts. The fuzzy peel on the peach is full of fiber. Fiber makes us stay full longer and helps to move food through our digestive system.



## No-Bake Peach Crisp

Serves 6 - Fruits and Vegetables: ½ cup per serving

2 tablespoons butter

¾ cup dry rolled oats

½ cup brown sugar

¼ cup walnuts, chopped (optional)

4 large peaches, pitted and sliced or  
2 (15 oz) cans sliced peaches in  
100% juice, drained

1 teaspoon cinnamon, ground

¼ teaspoon nutmeg, ground

### For the topping:

1. Melt 1 tablespoon butter in a frying pan over medium heat and add oats, brown sugar, and nuts.

2. Stir until the oats are crispy. Set aside.

### For the filling:

1. Melt 1 tablespoon butter in a frying pan over medium heat.
2. Add peaches and stir until coated, about 2 minutes.
3. Add cinnamon and nutmeg and stir until peaches begin to soften and caramelize.
4. Spoon warm peach filling into six individual bowls. Top with crispy oat topping and serve.

**Nutrition Facts:** Serving size (without nuts): ½ cup; Calories: 180; Carbohydrates: 35 g; Fiber: 3 g; Fat: 5 g; Saturated fat: 2.5 g; Sodium: 35 mg



### Peaches and Nectarines

Get one peach and one nectarine and compare them.

- What do they look like?
- How do they feel? Are they different?

Now smell and taste them.

- How are they the same?
- How are they different?

### Can you think of any other fruits that have one large seed inside (like peaches)?

Write down your answers or play a game with a friend. Take 1 to 5 minutes and see who can name the most!

---



---



---



---



---



---



---

Hidden Peaches Answer Key:  
trees; bloom; pink; farmer  
Final Answer: pollinate

### Hidden Peaches

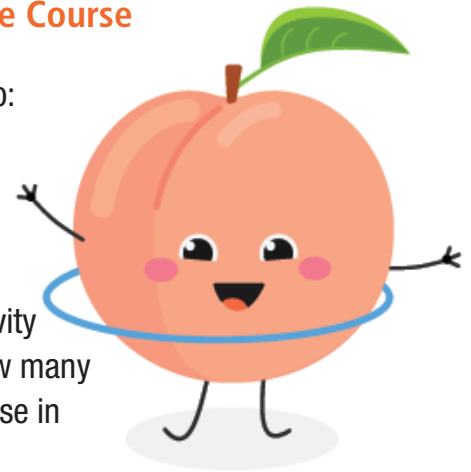
Unscramble the words to reveal the final answer at the bottom!

TERSE	_____	_____	_____	_____	_____	_____	_____	_____	_____
	7		8						
MOOLB	_____	_____	_____	_____	_____	_____	_____	_____	_____
		3	2						
KIPN	_____	_____	_____	_____	_____	_____	_____	_____	_____
	1	4	5						
MEAFRR	_____	_____	_____	_____	_____	_____	_____	_____	_____
		6							
	1	2	3	3	4	5	6	7	8

### Get Moving with a Peachy Obstacle Course

Set up an obstacle course using objects to:

1. Jump over
2. Run around
3. Duck under



Find a few objects representing each activity and space them apart. Set your timer. How many times can you complete the obstacle course in 5 minutes?

### Peach Trivia Quiz

1. Which of the following grow on trees? Circle all that apply.  
A. Apples B. Peaches C. Pears  
D. Watermelon
2. True or False:  
Georgia is called the "Peach State," but California grows the most peaches in the US.
3. In which century was the first peach tree planted in Florida?  
A. 1200s B. 1500s  
C. 1800s D. 1900s
4. True or False:  
Peaches are related to almonds.

Trivia answers: A, B & C, True, B, True



# Produce Spotlight on PEACHES



**Peaches**, a stone fruit grown on trees, are a great source of vitamin C, which helps the body fight infection and heal wounds. Peach skin can be eaten and is full of fiber, which helps the digestive system.

## Serving Ideas

- Add peaches to yogurt, cold cereal, or oatmeal to add sweetness and flavor.
- Grill fresh peach halves for a fancy dessert.
- Freeze cut-up peaches and add them to a breakfast smoothie.
- To keep peaches from browning, dip cut peaches in water with lemon juice.

## Peach Math

One pound of peaches =  
about 3 to 4 medium peaches or  
2 cups of  
sliced peaches



## Shopping for Peaches

When shopping for peaches, look for round, tennis-ball-sized peaches with a smooth skin and creamy gold to bright yellow color. Avoid peaches that have shades of green around the stem, a sign they were picked too early. When ripe, they have a slight “give” or softness and sweet smell. Handle peaches gently because they bruise easily. Bruised areas will spoil more quickly. Look for fresh peaches from July to September, when they are at their peak quality.

## Common Types

**Clingstone** (peach flesh sticks to the pit) – smaller, juicier, multicolored, with a semi-sweet flavor. Found in farmers’ markets, but mostly used for commercial canning and preserving.

**Freestone** (the pit is easily removed) – large, firm texture, low sugar content, less juicy, many varieties with white or yellow flesh. Eaten fresh and popular for baking, canning, and freezing.

**Semi-freestone** (a hybrid of both) – the pit is easy to remove and has the juiciness of the clingstone peach.

## Storage and Preparation

- For the best flavor and texture store peaches at room temperature until ripe. Ripen in a loosely closed paper bag. When ripe, refrigerate in a plastic bag with holes to prevent moisture. Use within a few days.
- Wash peaches before using by gently rubbing under cool running water.
- For longer storage, freeze washed and cut-up peaches on a baking sheet. When firm, transfer to a freezer bag or container. Label and date. For the best quality, use within 12 months. Thaw in the refrigerator.

## Using Locally Grown Produce

Visit the UMass Extension Nutrition Education Program’s [website](#) featuring recipes using fruits and vegetables. To locate places to buy local produce, visit [www.mass.gov/massgrown](http://www.mass.gov/massgrown).

