

Taste and Teach

August - Peaches



Five **Fun Facts** About Peaches!

- There are two main types of peaches, clingstone and freestone. In clingstone peaches, the flesh “clings” to the pit, making it harder to separate.
- It takes five years for a cling peach tree to reach full production.
- Peaches are grown in 41 states but California accounts for nearly 100% of the commercial production of cling peaches.
- Peaches contain high levels of vitamin A and C.
- By-products from peach processing are used in animal feed and compost.

Four **Fun Teaching Ideas!**

- Watch this video on peaches from California Bountiful: www.youtube.com/watch?v=V0hPZBwqaUM
- Research the characteristics of cling and freestone peaches. Have students create a Venn diagram to illustrate their findings.
- Compare the nutrition labels of canned and fresh peaches. What are the similarities and differences? Have students create a report to summarize their findings.
- Have students to create a smoothie recipe using peaches.

Explore all the great peach resources in this section!