

HARVEST OF THE MONTH: PEACHES



NUTRITION FUN FACTS:

- Peaches contain loads of vitamin C and vitamin A.
- Eat peaches with the skin for the most fiber! Fiber helps you feel full and keeps your blood sugar normal. Fiber also keeps your digestive system running smoothly, and it helps you maintain a healthy weight.

Fun snack ideas!

HOW TO EAT PEACHES:

1. Eat them whole! Peaches are described as "chindrippin' good" for a reason--ripe peaches are juicy and delicious all by themselves.
2. Make a yummy parfait with peaches, lowfat yogurt, and cereal or granola.
3. Add peaches to smoothies for a burst of sweetness and flavor!

Pick the yummiest!

THINGS TO LOOK FOR:

1. Choose peaches that smell sweet and give slightly to gentle pressure.
2. Look for fruits that are yellow and red with no green spots.
3. Place firm peaches in a brown paper bag, and store them at room temperature until ripe.
4. Store ripe peaches in the refrigerator.

BEST TIME TO EAT:

JUNE - SEPTEMBER



UNC Center for Health Promotion and Disease Prevention

RECIPE: PEACH CRISP

DIRECTIONS

1. Preheat the oven to 375 degrees F.
2. Slice the peaches.
3. Spread the peach slices on the bottom of the baking pan.
4. Melt the margarine in a saucepan.
5. In a small bowl, mix everything but the peaches. Stir until everything is well blended.
6. Sprinkle the oat mix on top of the peaches.
7. Bake for 20 minutes.
8. Serve hot or cold!

INGREDIENTS

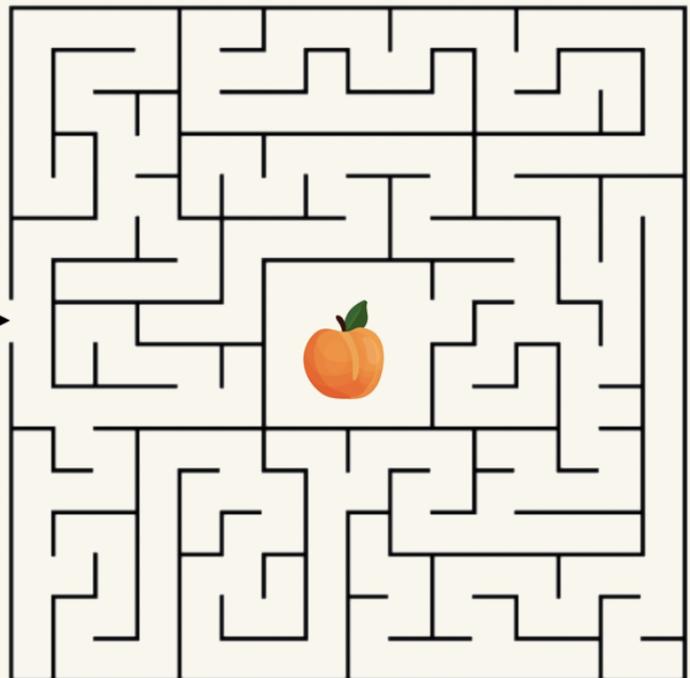
Makes 6 servings:

- 4 peaches (4 cups sliced)
- 2 tablespoons margarine
- 3/4 cup quick-cooking oats
- 1/2 cup sugar
- 1/4 cup flour
- 2 teaspoon cinnamon
- 1 teaspoon lemon juice

[HTTPS://WWW.CHOOSEMYPLATE.GOV/RECIPES/SUPPLEMENTAL-NUTRITION-ASSISTANCE-PROGRAM-SNAP/PEACH-CRISP](https://www.choosemyplate.gov/recipes/supplemental-nutrition-assistance-program-snap/peach-crisp)

ACTIVITY: PEACH PICKING

Picking your own peaches is a fun way to get fresh, tasty fruit in the summer! Can you carry your basket to the center of the maze to pick the sweet peach?



PEACH IMAGE DESIGNED BY MACROVECTOR AT FREEPIK.COM
BASKET IMAGE DESIGNED BY STOCKGIU AT FREEPIK.COM
MAZE CREATED BY PUZZLEMAKER AT DISCOVERYEDUCATION.COM