



HARVEST OF THE MONTH:

# Peaches





**On a peach tree,  
the flowers bloom  
before the leaves  
in the spring.**

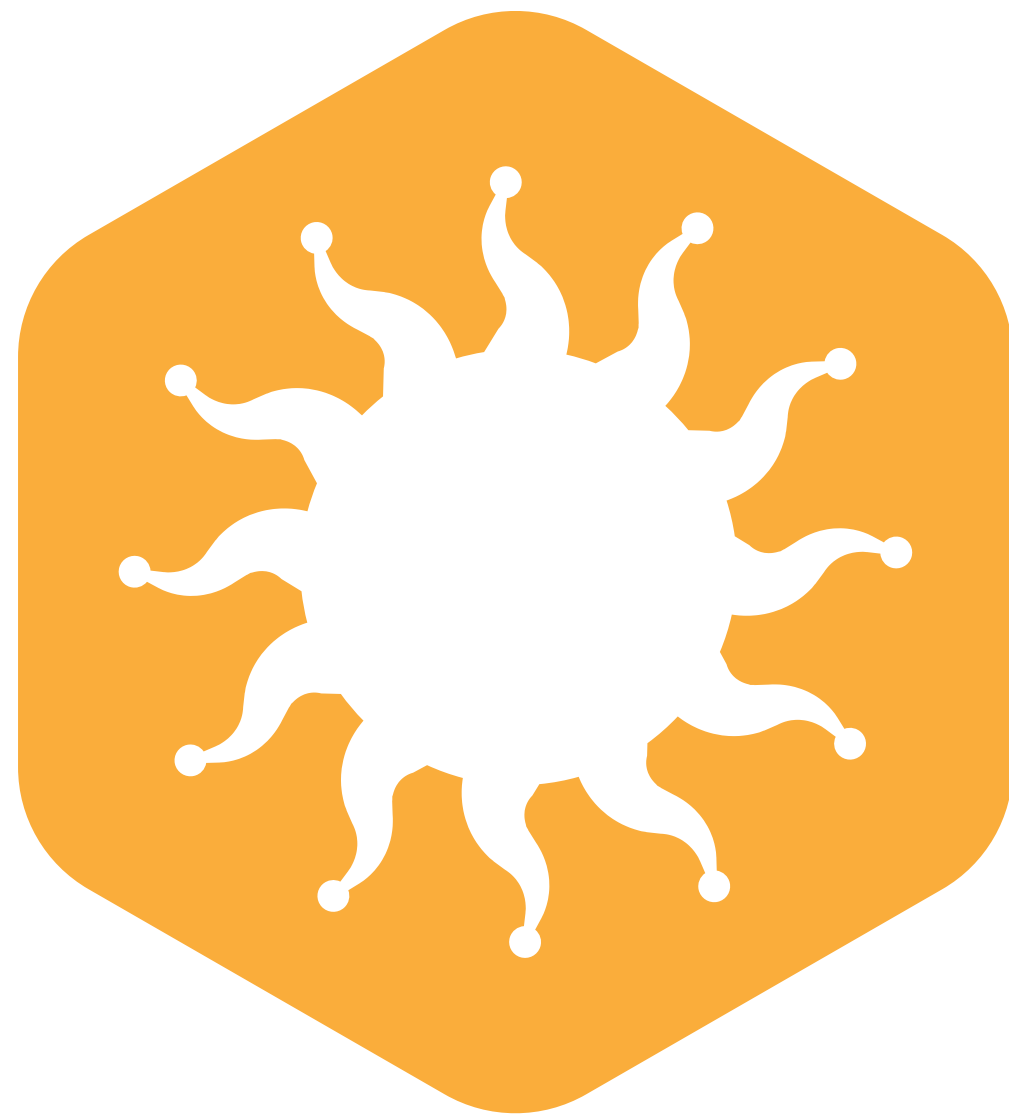
# HOW DO PEACHES GROW?



**In the summer and fall,  
after pollination, the  
flowers swell to become  
the peaches we eat.**

# **HOW DO PEACHES GROW?**

# WHAT SEASON DO WE PICK PEACHES?



SUMMER



AUTUMN



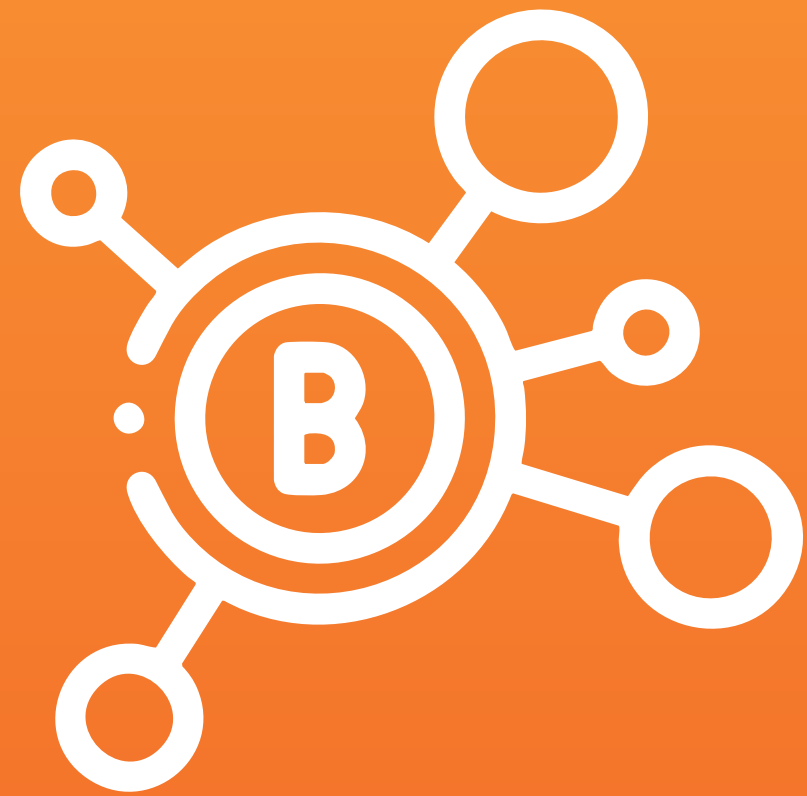
WINTER



SPRING

# WHY SHOULD WE EAT PEACHES?

**B Vitamins**  
(Healthy bodies,  
cell metabolism)



**Fights off germs,  
prevents colds**



**Healthy eyes**



**Healthy muscles**



# HOW DO YOU PICK A GOOD PEACHES?

- When picking a peach it should smell really sweet and when you push on it the peach should be slightly soft.
- To ripen a peach put it in a brown paper bag at room temperature.
- The only difference between peaches and nectarines is one gene that makes peaches fuzzy and nectarines smooth.

**FUN FACT:** Yellow peaches are more popular to Americans and Europeans, while Asians prefer white fleshed peaches.





LET'S TRY SOME

# Peaches!

