

JERSEY TASTES! ACTIVITY SHEETS

Perfect Peaches



NUTRITION FACT:

Peaches are a great source of vitamins A, B, and C. Peaches are high in fiber, vitamins, and minerals. They also contain beneficial plant compounds like antioxidants, which can help protect your body from aging and disease.

RECIPES:



Lunch:

- [Peach & Ham Panini](#)
 - [Jersey Tastes! Cooking Series Peach & Ham Panini](#)
- [Grilled Cheese with Spinach & Peaches](#)
- [Jersey Fresh Grilled Peach Caprese Salad](#)

Side Dish:

- [Jersey Fresh Peach Salsa](#)
- [Jersey Fresh Peach Rosemary Salad](#)

ALL ABOUT NEW JERSEY!



Peaches are in season in New Jersey during late summer, from late July through September. NJ is one of the top producing states for peaches, ranking third in the nation behind California and South Carolina. New Jersey peach producers harvested 46 million pounds of peaches in 2018.

HOW DOES IT GROW:

[How is it Grown: Peaches Video](#)

ACTIVITIES:

Peachy Pairings

Pre-K:

- [Grow It, Try It, Like It! Peach Tree Orchard](#)

Lower Elem:

- [Pick a Better Snack Lesson Plan: Peaches](#)

Upper Elem:

- [Jersey Tastes! Educational Video Peachy-y Pairings](#)
- [Peaches: What's All the Fuzz About?](#)

Middle:

- [Ripening Fruit: Science Project](#)

HS:

- [Evaluating GMO Perspectives](#)

FUN FACTS:

1. Peaches are the third most popular fruit grown in America after #1 bananas and #2 apples.
2. The statement, "you're a real peach" originated from the tradition of giving a peach to the friend you liked.

MADE IN COLLABORATION WITH:



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