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

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.

Nutrition Fact:

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Nutrition Fact:

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.

Fun Facts:

1. Peaches are the third most popular fruit grown in America after #1 bananas and #2 apples.
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Activities:

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

Recipes:

Lunch:
- 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

MADe IN COLLABORATION WITH: FoodCorps FRESH Fruit vegetable Program

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