

# Jersey Tastes!

A Year-Round Celebration of the Garden State's Fruits and Vegetables



## HOW DOES IT GROW:

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

## Peach Activity Sheet

### 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 60 million pounds of peaches in 2023.

### 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.

### FUN FACT:

The statement, "you're a real peach" originated from the tradition of giving a peach to the friend you liked.

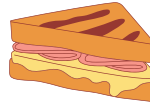
MADE IN COLLABORATION WITH:



Tag us on social media: @farmtoschoolnj #jerseytastes

[www.nj.gov/agriculture/farmtoschool/programs/](http://www.nj.gov/agriculture/farmtoschool/programs/)

## Peachy Pairings



### RECIPES:

- [Peach & Ham Panini](#)
  - [Jersey Tastes! Cooking Series](#)
- [Nutty Peach Wrap](#)
- [Peach Caprese Salad](#)
  - [Jersey Tastes! Cooking Series](#)
- [Peach Pasta Salad](#)
  - [Jersey Tastes! Classroom Tasting & Activity](#)
- [Peach Salsa](#)
  - [Jersey Fresh Peach Salsa](#)
- [Peach Rosemary Salad](#)
- [Jersey Fresh Peach Salad with Arugula, Prosciutto & Parmesan Cheese](#)

### ACTIVITIES:



#### [NJ Climate Change Standards & Connections to Agricultural Literacy](#)

Pre-K:

- [Peach Tree Orchard](#)

Lower Elem:

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

Upper Elem:

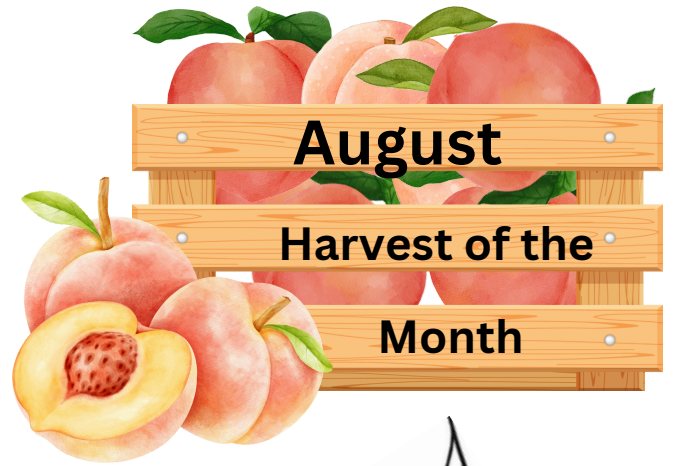
- [Peaches: What's All the Fuzz About?](#)

Middle:

- [Ripening Fruit: Science Project](#)

High School:

- [Evaluating GMO Perspectives](#)

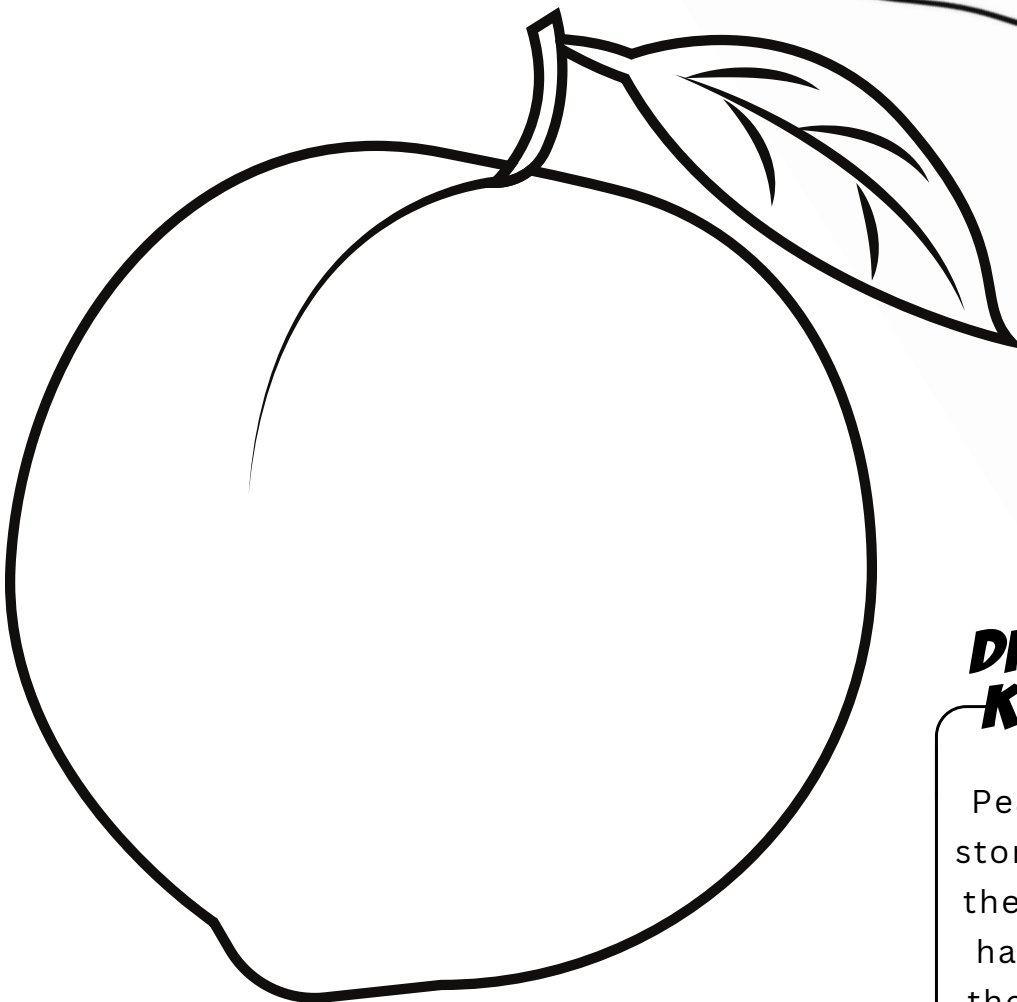


August

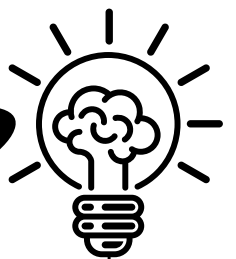
Harvest of the

Month

# Peach

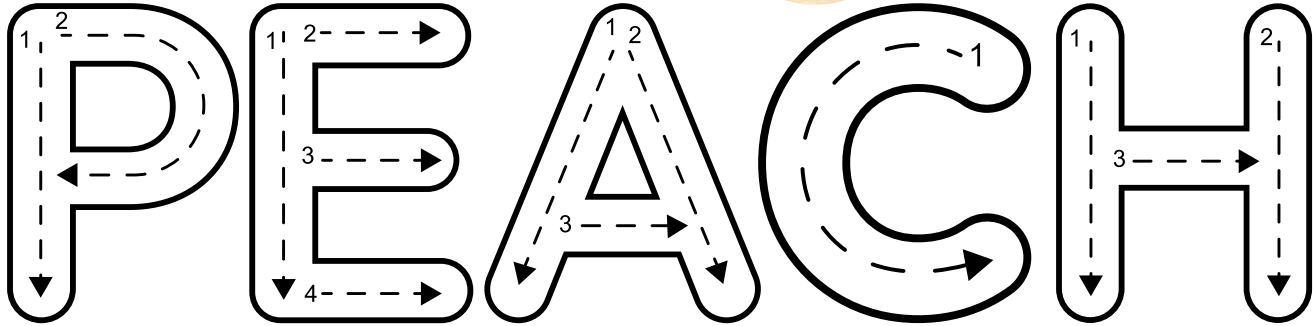
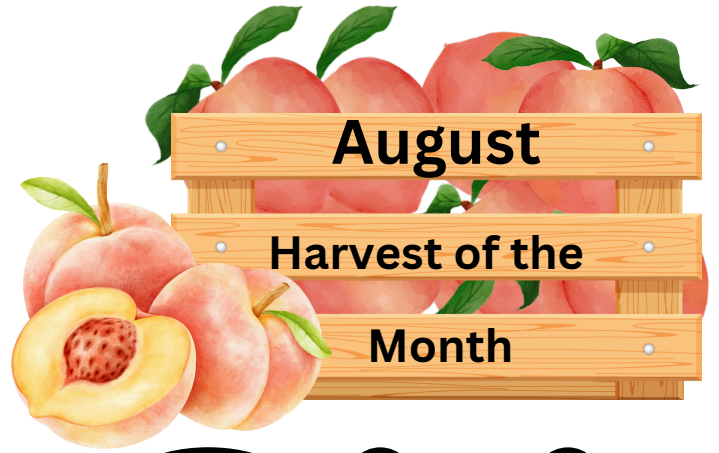


**DID YOU  
KNOW?**



Peaches are called stone fruits because they have a shell of hard wood around their seed, called a stone or a pit.

INTERESTING FACT



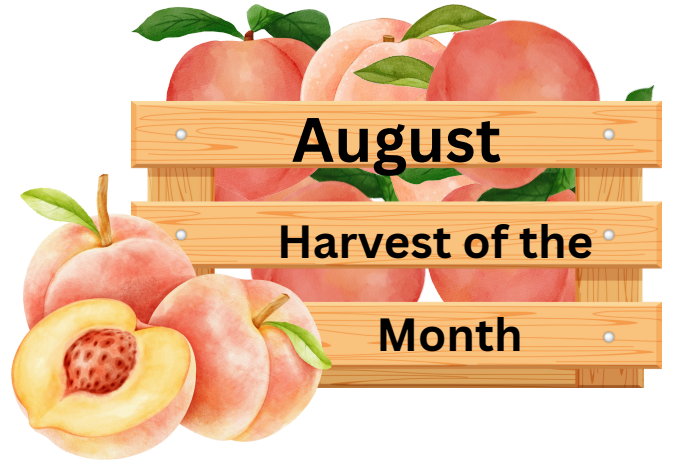
FLAT/DONUT



YELLOW FLESH

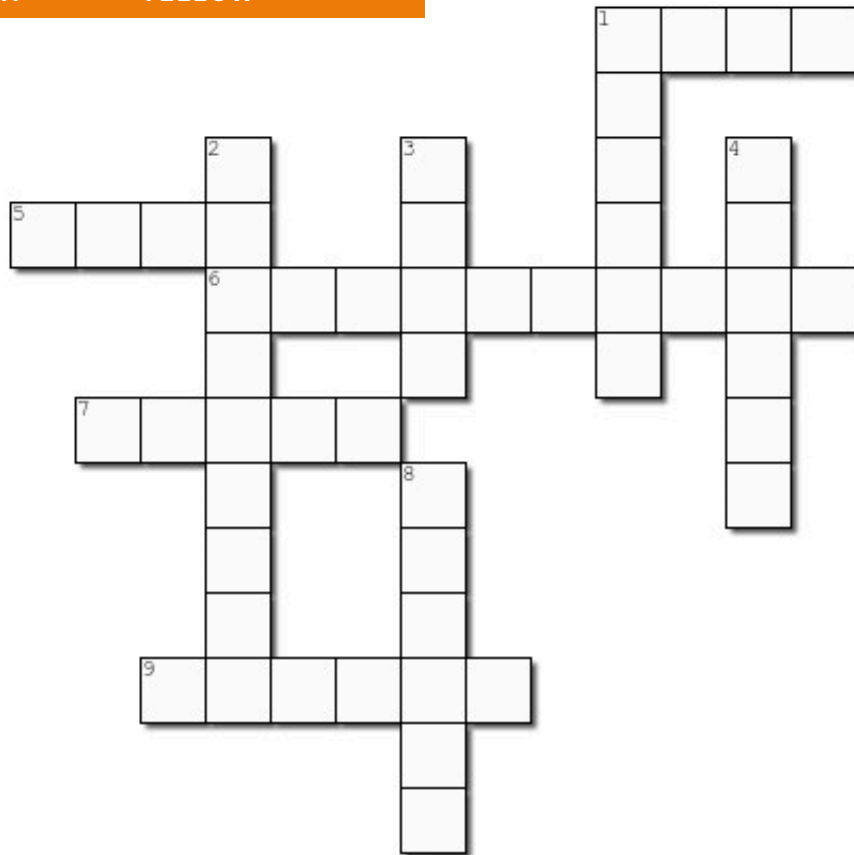


WHITE FLESH



**WORD BANK**

ROSE      CLINGSTONE      ALMOND      FIVE  
 WINTER      FOURTH      JUNE      NECTARINE  
 PEACH      YELLOW



**Across**

- 1. the flower consists of \_\_\_\_\_pink petals
- 5. A member of the \_\_\_\_\_ family
- 6. pit in these peaches likes to cling to the fruit flesh
- 7. Scientific Name: Prunus persica
- 9. Most common peach in the US

**Down**

- 1. New Jersey ranks \_\_\_\_ nationally for peach production
- 2. a sweet fruit, similar to peach, except they grow without fuzz on their skin
- 3. Jersey Peach Season starts in this month
- 4. Peach Trees are planted in this season
- 8. the peach is closely related to the \_\_\_\_\_