

did you know?

- 🍑 **"The World's Largest Peach Cobbler"** is made every year in Georgia. The cobbler measures 11 feet by 5 feet.
- 🍑 The only difference between a peach and a nectarine is that peaches have a gene that gives them a fuzzy skin.
- 🍑 **You can buy two main varieties of peaches:** clingstone and freestone. It is harder to remove the fruit from the pit on a clingstone peach.
- 🍑 The term, **"you're a real peach"** originated from the tradition of giving a peach to the friend you liked.

Peach Puppies



JOKE

Did you hear the joke about the peach?
It was pit-iful.

WHY ARE PEACHES GOOD FOR GLOWING SKIN?

Peaches contain Vitamin A, which is important for healthy skin. Orange and yellow vegetables are also good sources of Vitamin A.

PEACH "DONUTS"

INGREDIENTS:

FREESTONE PEACHES

(Freestone varieties separate from the pit easily, Clingstone do not)

CINNAMON AND SUGAR

GREEK YOGURT

DIRECTIONS:

1. Cut peaches cross-ways to make rings. Scoop out a little of the center to make a ring if necessary. Freeze the peach rings for about 30 minutes.
2. Dip peach rings in yogurt and place on lined sheet tray. Sprinkle with cinnamon sugar.
3. Return to freezer again until frozen, this will take a few hours. Let it sit out of freezer for a few minutes before eating so it is easier to bite.

RECOMMENDED DAILY AMOUNT OF FRUITS & VEGETABLES

	VEGETABLES	FRUITS
Children, Ages 4-8	1 ½ cups	1 - 1 ½ cups
Children, Ages 9-13	2- 2 ½ cups	1 ½ cups
Teens, Ages 14-18	2 ½ - 3 cups	1 ½ - 2 cups