



Windy Loves... Peaches!



How do peaches grow? On a plant in the ground? NO. On a bush or vine? NO. Peaches grow on a tree!

Peaches and Nectarines are the same fruit, except for one major difference: Peach skin is fuzzy, while nectarines are smooth.

Peaches are best when eaten raw, but can be added to fruit salads, eaten with yogurt or granola, and made into many other yummy treats. Peaches are naturally sweet so they don't need anything added to enjoy this delicious treat.

Get creative! Peaches, sliced in half and placed on the grill for a few minutes are also very delicious.

Did You Know that...?

Peaches are good for you! They are full of:

- Vitamin A – great for making your eyes strong!
- Vitamin C – supports a healthy immune system to keep you from getting sick
- Fiber – aids in digestion for your tummy
- Beta Carotene – again – good for the eyes and immune system (similar to carrots – remember that?)

Prepare at Home

Homemade Peach Sorbet

Ingredients

- 4 medium – peach
- 2 tablespoon – honey
- 1 tablespoon – lemon juice

Directions

- Slice and freeze peaches. (Leave the skin on, or peel if you want!)
- In a high powered blender or food processor combine peaches, honey to taste, and lemon juice. Process until smooth. Depending on your blender or food processor, you may need to add a little bit of water.
- Eat immediately for a softer texture, or transfer into a freezer container, cover and freeze for 3-4 hours or until firm.

Child:

Wash the peaches.

Parent:

Peel and slice peaches.

Peaches are so soft that your child can cut with a plastic knife.

Child:

Play with the peach pits, explore them with your senses

Child:

Pour all ingredients into the blender.

Parent:

Blend peaches until smooth.

Both:

Enjoy your refreshing and healthy snack!

Play with your Food...

While you are preparing fresh peaches, use the time to teach new words and healthy eating.

New words:

- Have your child smell, touch, taste, and look at the peach. Is the peel smooth or fuzzy? What does the peach look like? Is it all one color or does it have many colors? Ask them to smell the peach and then describe it to you.
- Slice open a peach and have your child describe what they see. Is it juicy? What color is inside? What is that thing in the middle? Explain to them that the peach seed is protected inside the woody husk, and this is called the peach pit. What does the pit look like? How does the pit feel?

Library Books about Peaches and Healthy Food

Reading and talking about books is the best way to school success. Take a trip to your local library and let your child pick a book or two about healthy foods.

James and the Giant Peach – by Roald Dahl (Recommended for ages 9+)

Each Peach Pear Plum – by Janet and Allen Ahlberg
(Recommended for ages birth-5 years old)

Peach and Blue – by Sarah Kilbourne (Recommended for ages 5-8)

Peaches on the Beaches – by Brian P. Clearly (Recommended for ages 5-6)

Ruby's Peaches – by Cindy Madara (Recommended for ages 4-8)

Three Perfect Peaches – by Cynthia C. DeFelice & Irene Trivas
(Recommended for ages 4-8)

