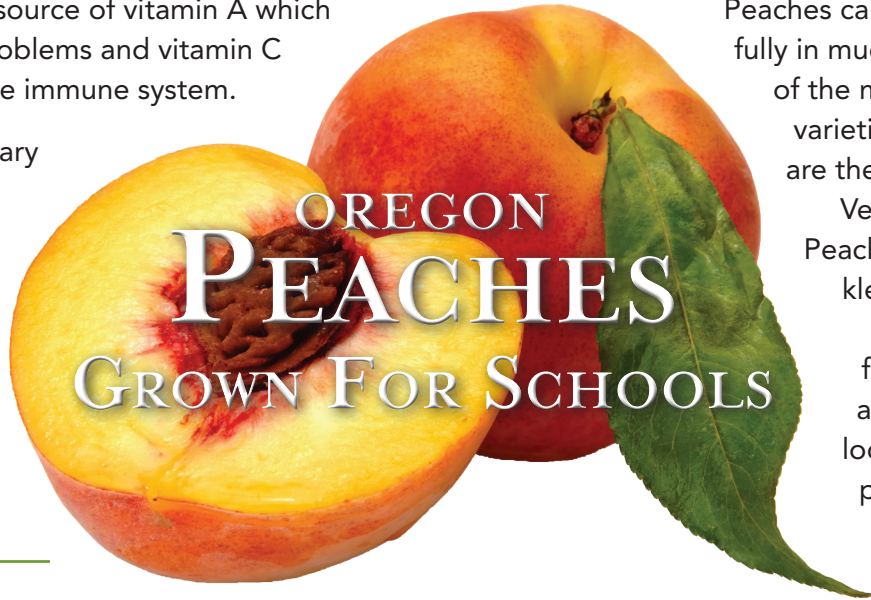


NUTRIENTS FOUND IN PEACHES

- Peaches are a good source of vitamin A which helps prevent eye problems and vitamin C which strengthens the immune system.
- Peaches contain dietary fiber which helps regulate digestion.
- Peaches are a good source of potassium which helps organs and tissues function well.



GROWN IN OREGON

Peaches can be grown successfully in much of Oregon. Some of the most common peach varieties grown in Oregon are the Elberta, Redhaven, Veteran, and Suncrest. Peach orchards are sprinkled all across Oregon and some of them feature U-picks! Take a family field trip to a local peach orchard to pick a tasty supply of peaches!

HEALTHY, FIT & READY TO LEARN

- Make sure everyone in your family drinks plenty of water all year long! Occasionally, try adding peach slices, cucumber, mint, or basil to cold water to give it a little extra flavor.



JUST FOR KIDS

Did you know that you can make a keepsake or a pendant out of a peach pit?! Eat all of the peach except the pit. Make sure all of the fruit is off the pit by rinsing and cleaning the pit off. Then, leave it on the windowsill to dry for a night. Once the pit is dry, start carrying it around in your pocket. Whenever you've got a bit of time, take the pit out and rub the round parts back and forth on pavement. After lots of rubbing, you will end up with a flat, smooth, wooden keepsake! With help from an adult, drill a small hole in the smooth pit to make it into a pendant, or keep it just the way it is!



LIVING AND EATING GREEN

Save water by making sure that your dishwasher is completely full before you run it.

YOUR OREGON KITCHEN

QUICK AND EASY

- Eat peaches fresh and plain!
- Mix sliced peaches with plain yogurt and a little bit of honey.
- Make a healthy peach crumble with oatmeal and cinnamon (see recipe below).
- Add frozen or fresh peaches to smoothies for a refreshing treat!



PRODUCE POINTERS

- Select peaches that have a pleasantly sweet fragrance.
- Peaches should be soft to the touch, but not mushy.
- Keep in mind that for peaches, a pink-red blush indicates variety, not ripeness.
- Avoid peaches that have “green shoulders” that surround the stem end.
- A deep brown-red color and shriveling of the skin at the stem end indicates over-ripeness.

RECOMMENDED DAILY AMOUNTS OF FRUITS AND VEGETABLES

	Kids ages 5-12	Teens & Adults ages 13+
Males	2 1/2 - 5 cups per day	4 1/2 - 6 1/2 cups per day
Females	2 1/2 - 5 cups per day	3 1/2 - 5 cups per day

If you are active, eat the higher number of cups per day. Visit choosemyplate.gov to learn more.

RECIPE: PEACH AND BLACKBERRY CRUMBLE

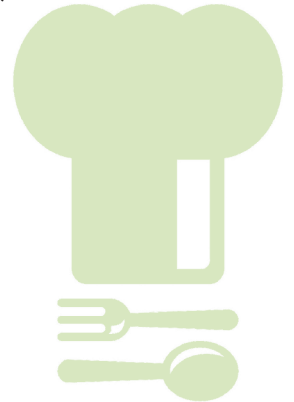
INGREDIENTS:

FOR THE FILLING

- 6 Oregon peaches (medium size)
- 2 cups Oregon blackberries
- 1/2 cup granulated sugar
- 1/4 cup all-purpose flour

CRUMBLE TOPPING:

- 3/4 cup all-purpose flour
- 3/4 cup old fashioned oats
- 1/2 cup brown sugar, packed
- 1/4 cup granulated sugar
- 1/8 teaspoon salt
- 1/4 teaspoon cinnamon
- 8 tablespoons unsalted butter (1 stick), cut into small pieces



DIRECTIONS:

1. Preheat the Oven to 350 degrees F.
2. Grease an 8 inch square baking dish or 9 inch pie dish, set aside.
3. Cut peaches into 1/2 inch thick slices.
4. Toss the peaches with the granulated sugar and flour, then gently fold in the blackberries.
5. Transfer the mixture into the greased dish.
6. In another bowl, mix the flour, oats, sugars, salt, and cinnamon.
7. Cut butter into the flour mixture until it has a crumbly texture.
8. Sprinkle this mixture over fruit.
9. Bake for ~45 minutes or until the crumble topping is golden brown and the fruit is tender and bubbly.

Find Out More: Visit Oregon Department of Education Child Nutrition Programs at www.ode.state.or.us/go/f2sgardens.