

Nectarine Information Sheet

Today's Farm to School Snack features local nectarines!

While nectarines originated in China, the nectarines you
will be trying today were grown locally at:

in

How Does It Grow?

Nectarines belong to the rose family, along with peaches, plums, and cherries. They are classified as a "drupe," meaning they have a hard stone in the middle of the fruit. Growing nectarines is year-round work at a farm. In winter, farmers trim the tree branches; in spring, they thin the blossoms and fruit; in summer, they hand-pick the nectarines; and in fall, they tidy up the orchards. Nectarines can be enjoyed raw, in salads, as a topping for yogurt, or cooked in pastries, sauces, and other dishes.



Fun Facts

- Nectarines are often referred to as "hairless" or "shaved" peaches. While they are similar in size and color to peaches, nectarines have smooth skin, and peaches are covered in fuzz.
- In the winter of 2023, an extreme cold snap wiped out the nectarine crop in Nova Scotia.

Around the World

Nectarines were first grown in China over 2,000 years ago, as a natural genetic mutation of peaches. They eventually spread to other parts of the world, where they are now grown widely. In the Mediterranean, nectarines are grilled to bring out their natural sweetness, and in Indian cuisine, nectarines are often made into a sweet and tangy chutney.

Ways to Explore

Ask learners if they would like to share any cultural dishes or family traditions that include nectarines.

Guide students through a mindfulness taste testing experience:



Look



Feel



Taste



Smell

Enjoy this juicy snack!

Find more resources at www.nourishns.ca