

Peach Information Sheet

Today's Farm to School Snack features local peaches!

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

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How Does It Grow?

Peaches are part of the Rose family, along with nectarines, plums, and cherries, and are the most widely grown stone fruit. Stone fruits have a single seed, or pit, surrounded by a protective layer. Growing peaches is a year-round job—farmers prune trees in winter, thin blossoms in spring, harvest fruit in summer, and clean up orchards in fall. Peaches are hand-picked to prevent bruising and stored in cool conditions. They can be enjoyed fresh, blended into drinks or sauces, made into jams and pies, or preserved by freezing, drying, or canning.



Fun Facts

- Peaches have a floral fragrance when ripe. A quick way to tell if a peach is ready to eat is to give it a sniff!
- Scientists aren't certain why peaches have fuzzy skin, but it may help protect them from moisture or insects. The fuzz is safe to eat, but if you prefer a smoother texture, washing the peach will remove most of it.

Around the World

Peaches originated in China over 2,000 years ago and spread through Asia, the Middle East, and Europe before reaching North America in the 1500s. By the 1780s, peach orchards were growing in Canada. Peaches symbolize friendship and immortality in many cultures. The Penticton Peach Festival, held annually in British Columbia's South Okanagan Valley since 1947, celebrates the region's peach harvest.

Ways to Explore

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

Guide students through a mindfulness taste testing experience:



Look



Feel



Taste



Smell

Enjoy this juicy snack!

Find more resources at www.nourishns.ca