

# Fresh Story | Peaches

Locally grown peaches can be found in Nova Scotia, though the province's cool climate makes growing them a challenge. Cold winters can damage trees or limit fruit production, but the Annapolis Valley, with its warmer microclimate, is ideal for peach farming. Each year, Nova Scotia produces about 199,580 kilograms of peaches.



Peaches are sweet, fuzzy-skinned stone fruits, or drupes—fruits with a single seed protected by a hard shell called a pit, surrounded by juicy flesh. In commercial farming, new peach trees are typically grown through grafting, not from seeds. This process joins a branch (the scion) to the roots of another tree (the rootstock), helping ensure strong, uniform trees and high-quality fruit. Farmers also prune trees regularly to manage size and encourage healthy growth.

## Did you know?

- Freestone peaches have pits that separate easily from the flesh, while clingstone peaches have flesh that sticks to the pit.
- Yellow-fleshed peaches are the most common in Nova Scotia, though some varieties have white flesh and skin in shades of yellow, orange, red, or pink.
- Nectarines are a type of peach with smooth, fuzz-free skin.
- Peaches belong to the rose family, closely related to plums and apricots.





## Activities for P – Grade 3

### PHYSICAL EDUCATION – “Grab the Peaches!”

Inspired by *Hungry Hungry Hippos*, divide students into four teams around a play area with beanbags (“peaches”) in the center. One player per team collects peaches at a time while others wait their turn. The team with the most peaches before “winter” (time runs out) wins!

### MATHEMATICS – Add and Subtract with Peaches

Students can use peach cut outs to practice counting forward/backward, matching numbers to quantities and making sets of 1-10. If using real peaches students can sort the peaches based on size, colour, hard/soft. Students can practice addition and subtraction and graphing using peaches or peach diagrams/cut outs.

### SCIENCE – What’s in the Peach Pit?

Show students a peach pit and ask them to predict what the seed inside looks like. Record or draw ideas, then open the pit to reveal the seed. Compare predictions and discuss.

## Activities for Grade 4-6

### MATHEMATICS – Peach Math

Students can use peaches to demonstrate fractions by cutting peaches into halves, thirds, and quarters. Students can also use peaches to practice measurement (estimating mass before measuring) as well students can use peaches to explore multiplication and division by calculating the cost of buying peaches.

### SCIENCE – Compost to Grow

Compost to Grow Cut a peach into small pieces (“green matter”) and mix with leaves and soil (“brown matter”) in a sealed bag. Turn regularly and observe changes as it decomposes. Open the pit, plant the seed, and discuss how compost supports growth. Prompt students to note any changes in color, texture, and smell. Break open the peach pit and plant the seed inside in a pot with soil. Draw pictures/describe each part of: the decomposition of peach flesh during the compost process, the peach seed growing, the how and why of living plants using compost.

### SOCIAL STUDIES – The History of Peaches

Research where peaches originated (China) and how they spread worldwide. Discuss how different cultures grow, store, and use peaches today.

