



# Hey kids, become a FOOD EXPLORER and check this out!

## Peaches & Nectarines



### Did you know...?

- Massachusetts farmers grow many kinds of peaches and nectarines, including Flaming Fury, Stella, Glowing Star, and Honeykist.
- Pick your own peaches in late summer. Massachusetts has more than 30 pick-your-own peach farms.
- The peach tree originated in western China 4,000 years ago.
- Nectarines look and taste like peaches but without the fuzz.

## DELICIOUS AND NUTRITIOUS

Choose peaches that are slightly soft. Ripe peaches can be mostly red, yellow, or orange.

### A SUPER SNACK IDEA

Slice a peach or nectarine in half, remove the pit, and put a scoop of your favorite low-fat vanilla yogurt in each half.

### PEACH HUMOR

What is the best thing to put in a peach pie?  
Your teeth!