

South Carolina



Farm



to



School

Palmetto Pick of the Month: PEACHES

AUGUST



DESCRIPTION

Peaches, famous for the fuzzy skin, are closely related to almonds, cherries, and plums.

Peaches can be divided into two groups: clingstone and freestone. Peach trees prefer temperate weather, so South Carolina peaches grow great here!

Information from:

<http://quotesgram.com/peach-cute-quotes/>

http://www.softschools.com/facts/plants/peach_facts/642/

<http://fillyourplate.org/blog/celebrate-national-peach-month-interesting-peach-fac/>

<https://sweetslikegrandmas.wordpress.com/>

<http://www.almanac.com/plant/peaches>

HISTORICAL FACTS

Peaches originated from China; the Romans called them Persian Apples.

Christopher Columbus brought peach trees to the New Americas on his second and third voyage.

HEALTH BENEFITS

Peaches are a great source of Vitamin A and C! The skin can be eaten and is a great source of fiber as well. Peaches are great to eat because they are a low calorie treat!

HARVEST TIPS

Harvest peaches when there is no green left on the fruit. Be careful when picking peaches; some varieties bruise easily.



QUOTE

"An apple is an excellent thing – until you have tried a peach."

-George DuMurier

PALMETTO PICK OF THE MONTH SNACK

Peaches are an awesome snack because they taste perfect just the way they are!



SC Farm to School put together a harvest of the month program called *Palmetto Pick of the Month*.