

Jersey Tastes!

A Year-Round Celebration of the Garden State's Fruits and Vegetables



Peach Activity Sheet

ALL ABOUT NEW JERSEY!

Peaches are in season in New Jersey during late summer, from late July through September. NJ is one of the top producing states for peaches, ranking third in the nation behind California and South Carolina. New Jersey peach producers harvested 60 million pounds of peaches in 2023.

NUTRITION FACT:

Peaches are a great source of vitamins A, B, and C. Peaches are high in fiber, vitamins, and minerals. They also contain beneficial plant compounds like antioxidants, which can help protect your body from aging and disease.

FUN FACT:

The statement, "you're a real peach" originated from the tradition of giving a peach to the friend you liked.

MADE IN COLLABORATION WITH:

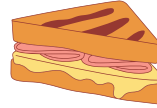


HOW DOES IT GROW:



[How is it Grown: Peaches Video](#)

Peachy Pairings



RECIPES:

Lunch:

- [Peach & Ham Panini](#)
 - [Jersey Tastes! Cooking Series](#)
- [Grilled Cheese w/ Spinach & Peaches](#)
- [Peach Caprese Salad](#)
- [Peach Pasta Salad](#) Jersey Tastes! Classroom Tasting & Activity

Side Dish:

- [Peach Salsa](#)
- [Peach Rosemary Salad](#)

ACTIVITIES:



[NJ Climate Change Standards & Connections to Agricultural Literacy](#)

Pre-K:

- [Peach Tree Orchard](#)

Lower Elem:

- [Better Snack Lesson Plan: Peaches](#)

Upper Elem:

- [Peaches: What's All the Fuzz About?](#)

Middle:

- [Ripening Fruit: Science Project](#)

High School:

- [Evaluating GMO Perspectives](#)

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