

# JERSEY TASTES! ACTIVITY SHEETS

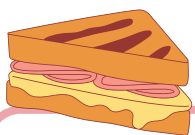
## Perfect Peaches



### 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.

### RECIPES:



*Jersey Tastes!* Recipe Videos  
[Peach & Ham Panini Recipe & Video](#)

Side Dishes: [Peach Salsa](#)  
[Grilled Peach Caprese Salad](#)  
Dessert: [Peach Cobbler](#)

## 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 46 million pounds of peaches in 2018.

### HOW DOES IT GROW:

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

### ACTIVITIES:



Pre-K: [Apples, Peaches, Pears, and Plums](#)

Lower Elem: [Pick a Better Snack](#)

Lesson Plan: [Peaches](#)

Upper Elem: [The Brown Peach Project](#)

Middle: [Spiced Peach Recipe](#), aligned with "Holes" reading

HS: [Ripening Fruit Science Project](#)

### FUN FACTS:

1. Peaches are the third most popular fruit grown in America after #1 bananas and #2 apples.
2. The statement, "you're a real peach" originated from the tradition of giving a peach to the friend you liked.

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