

LBUSD Farm To School

FEATURED FRUIT:

Locally Grown Peaches



How to Pick Them

Color: Vibrant yellow-orange background that is partially or fully covered by deep red

Feel: Firm with slight softness & no bruises

Smell: Pleasantly sweet aroma

Origin: China

Grown: Central California

Grower: Sun Joy

Season: June to September

Fun Facts

Peaches & Nectarines are twins! They're identical except one has fuzzy skin & the other has smooth.

Peaches have high levels of vitamin A, C & potassium which are great for the eyes, skin, & immune system!

How to Store, Wash, & Eat Them

- Store on kitchen counter until ripe, then refrigerate
- Rinse peach under cold water when ready to eat
- Eat them whole, sliced, diced, frozen, in smoothies or for dessert

