

Harvest of the Month

Peaches

Calories

60

Total Fat

0g

Sodium

0mg

Sugars

13g

1
Small

FUN FACTS:

Georgia is nicknamed “The Peach State.” It is where the “World’s Largest Peach Cobbler” is made each year measuring 11 feet by 5 feet! The recipe includes 75 gallons of peaches!

There are two main types of peaches:

- *Freestone* ~ the flesh does not stick to the pit, and they are most often sold fresh
- *Clingstone* ~ the flesh “clings” to the pit, and they are used most often for canning

Peaches are known as the “Fruit of Calmness.” They are a healthy stress reliever!

This institution is an equal opportunity provider.

