

July is National Peach Month!



Talk about where peaches grow. (On trees) Is it a fruit Or is it a vegetable? (fruit) Let the children feel how fuzzy the outside is. Do you eat it raw or cooked? (either way) Can you eat the peeling? (yes—after washing it) Cut it open. What sort of seed does it have? (a pit—do not let the children put pit in mouth, it is poisonous and can also be a choking hazard)

Have a taste test. Perhaps you could have some canned peaches (in their own juice, of course) and some fresh peaches. Let the children try both. You can make a chart And let them put a sticker under a picture of which one they preferred

Peach Recipe

Strawberry/Peach Popsicle

1cup strawberries, diced
1cup peaches, diced (skins
& pits removed)
1 cup white grape juice

Place ingredients into blender and blend until smooth. Pour into molds and freeze. Remove from molds and enjoy! (You may need to run warm water over outside of mold to make removal easier.)