



Local Food For Schools

PEACHES

Promotional Resources

Fun facts

- Peaches are high in fiber and contain potassium, antioxidants, vitamins A, B3, and C.
- Peaches are a member of the rose family and are closely related to almonds.
- There are over 700 varieties of peaches including Nectarines whose smooth skin are caused by a genetic mutation.
- Peaches originally came from China. Portuguese and Spanish explorers brought peaches to the Americas.
- Two main types: Freestone, where the flesh does not stick to the pit, and Clingstone, where the flesh sticks to the pit.

Know your farmer

Rowley and Hawkins Fruit Farms Connell, WA

Rowley and Hawkins Fruit Farms is a family farm operating since 1980 by many generations of farmers. They center around the idea that they are "growing great fruit to grow great families." Rowley and Hawkins farms nearly 1,000 acres of different varieties of orchards. They grow tart cherries and sweet cherries. They are GAP certified and do everything they can to grow safe healthy food, while protecting their land and the environment. As farmers, they care deeply about the health of their soil. Healthy soil grows healthy trees that produces healthy fruit.



Educational Resources

Food nutrition and education activities can further reinforce Farm to School efforts made in the cafeteria. The following resources were compiled to help your school increase students' knowledge of healthy eating and where food comes from.

- [WSDA - Washington Harvest Peach Poster](#)
- [WSDA - Peaches Handout](#)
- [WSU – Fresh from the Farm Peach Brochure \(Spanish\)](#)
- [Food Hero – Peach Basics Sheet \(Spanish\)](#)
- [Washington Agriculture in the Classroom – Peaches: What's All the Fuzz About Lesson for grades 3-5](#)
- [Georgia Harvest of the Month - Peaches](#)



Washington Office of Superintendent of
PUBLIC INSTRUCTION



Washington
State Department of
Agriculture

Regional Markets Program

