

LET'S LEARN SOME FUN FACTS ABOUT PEACHES!



Peaches are a type of stone fruit which means their seed is inside a stone or pit!

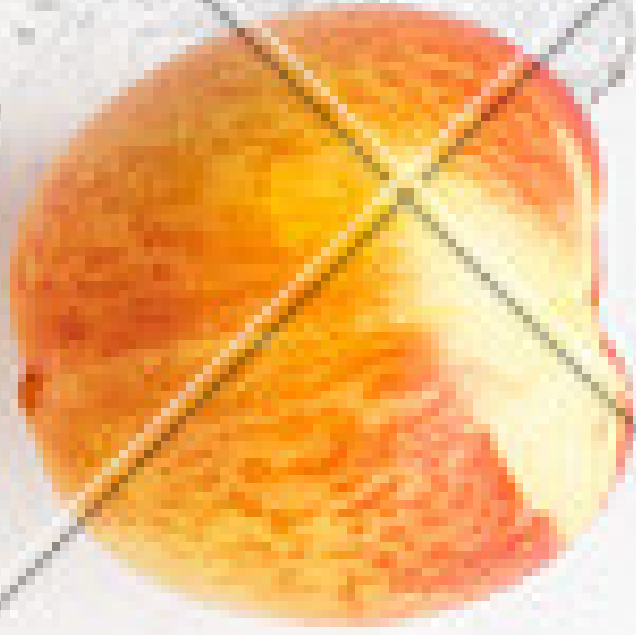
August is National Peach Month.
Peaches are picked from June to the end of August.



Peaches and nectarines are twins! The only difference is that a peach has fuzzy skin and a nectarine's skin is smooth.



LET'S EXPLORE THE POWERFUL PEACH!



You can get a lot of vitamin A and C from one peach! This will help boost your **energy** and your **vision**!

Peaches are sweet, juicy and delicious! Peaches are mostly made of **water**, so eating one peach helps to keep your body hydrated!



Want to grow big and strong? Eat a delicious peach! It contains special nutrients that help make **strong** bones and teeth!

