

Fresh Fruit & Vegetable Program: April 2023

Featured Fresh Fruit: PEACHES



Health Benefits:

1. Vitamin C: supports immune system, healthy skin, and healing
2. Vitamin A: promotes healthy vision and cell growth
3. Fiber: heart healthy, digestive system & stable energy



Fun Facts:

1. Peaches and nectarines are related! The only difference is that peaches have fuzzy skin and nectarines are smooth.
2. August is National Peach Month. Peaches are in season from June to late August.
3. Georgia's nickname is the "Peach State," yet the states of South Carolina and California produce more peaches every year!

