FRESH STORY | PEACHES

SCHOOL FRUIT AND VEGETABLE NUTRITIONAL PROGRAM

PEACHY FUN FACTS

🍑 Peaches come in many varieties that ripen at different times, but they're all called a stone fruit, because they have a hard pit in the centre. BC peaches are either Freestone or Clingstone.

Freestone: the stone comes away easily. These peaches are usually the biggest type.

Clingstone: the fruit's flesh clings to the stone. These are usually the juiciest peaches.

🍑 You may not like the fuzz, but don't peel that peach: the skin contains the most fibre & vitamins.

🍑 A peach pit isn't edible, but there's a tiny seed tucked inside, so you can plant it!

🍑 Peaches are climacteric fruits, meaning they continue to ripen after they've been picked.

GETTING IT RIPE

Ripe peaches are so easily bruised that growers pick them when they are slightly underripe. That way, they will be less damaged during transport. Sometimes that means you get peaches that are not ripe enough to eat. Slip them into a brown paper bag and leave it on a warm counter for a day or two. The bag will hold in the ethylene gas that the fruit releases, helping it to ripen quickly. If you have more ripe peaches than you can eat, pop them in the fridge to slow down the ripening process.

TRACING THE LONG TRIP TO YOU!

A lot of work and coordination is involved in getting a peach from an orchard to your school.

1 Your peach likely grew on a tree in the Okanagan Valley in south-central BC, with its sandy soil and long, hot summer days. It was harvested in July or August.

2 Your handpicked peach was placed in a large plastic crate and transported from the farm to a packing house by truck. Most growers send their harvested crops to large packing houses that process and sell many farmers' fruit.

PEACHES

3 At the packing house, your peach was cooled, sorted, and packed for selling into either a large bulk box with cardboard trays, or a smaller plastic clamshell container for extra protection from bruising.
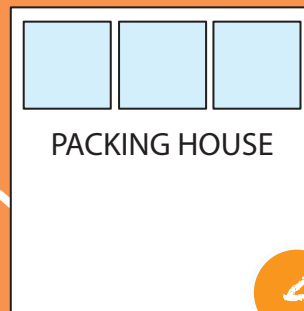
PACKING HOUSE

PEACHES

4 Packing houses used to rely on many workers to sort good peaches from those that were damaged or underripe and then to pack them. Today, many use automated production lines: high-tech equipment that sorts every peach by quality and size.

5 Although some jobs are now done by machines, packing houses need many people to handle and sell the fruit, including forklift drivers, line workers, and fruit marketers. Every box that leaves most packing houses has a barcode that traces those peaches back to the farm where they were grown.

6 After packing, your peach went back into cold storage while it waited for a truck to transport it to a grocery warehouse, then to a grocery store or directly to your school.

FRESH STORY | PEACHES

LANGUAGE ARTS ACTIVITY: PROCESS OF ARRIVAL

Curriculum Connection: Language Arts - grades 4 to 5: Texts can be understood from different perspectives. Grades 6 to 7: Exploring and sharing multiple perspectives extends our thinking.

After harvesting, most peaches go from the farm to a packing line in a packing house. But not all do: some may be sorted, cooled, and packed by hand at the farm gate for sale at farmers' markets or farm stands. Or, if you visit a U-Pick peach orchard in late July or August, you can handpick your own ripe and juicy peaches fresh from the tree.

Using this information and "Tracing the Long Trip to You!" on the student side of this sheet, have a classroom discussion about the path a peach might follow to arrive on your plate.

1. Orchard to processing plant to transportation to school to your plate.
2. Orchard to market or farm stand to your plate.
3. Orchard to processing plant to transportation to grocery store to your plate.
4. U-Pick orchard to your plate.

Did you know? The increase in transportation access to the Okanagan has played a major role in the growth of BC's fruit growing industry, helping farmers get their product to remote markets and bringing more consumers to local fruit stands. Consult "The Changing Okanagan (www.bcfga.com/269/The+Changing+Okanagan)", then discuss with students how improved transportation routes in recent history have affected how farmers in our province have gotten their peaches to market.

Then, ask the students: What would be the ideal way to get a peach to your plate? Why? Explain that, no matter where you get your peach, it is a healthy, nutritious food. Students can share their ideas by writing in their journals or discussing them as a class.

LANGUAGE ARTS ACTIVITY: ORAL STORYTELLING

Curriculum Connection: Language Arts - grades 4 to 7: Exploring stories and other texts helps us understand ourselves and make connections to others and to the world. First Peoples Principles of Learning: Learning is embedded in memory, history, and story.

Divide students into groups of four or five and have them stand in a circle facing inward. Using "Peachy Fun Facts" on the student side of the sheet, have one student in each group start a story about eating a peach. Going around the circle, each student should contribute to the story with a fact that they've learned about peaches. If they get stuck in their thinking, they can pass or ask for ideas from others in their circle.

To get students thinking about plot elements and details for their stories, pose the following questions before they start:

- Is your peach a Freestone or a Clingstone?
- How do you feel about the fuzz? (Fun fact: giving a peach a good wash removes most of the fuzz.)
- What can you do with the pit?
- Is your peach ripe? Underripe? Overripe?

MATH QUESTIONS

Curriculum Connection: Mathematics - grades 4 to 7: Reasoning and analyzing. Develop mental math strategies and ability to make sense of quantities

Use these basic-fact word problems as review or warm-up questions, or choose one as the problem of the day.

A scale under each peach box calculates its weight as it is filled and lets the packer know when to stop adding fruit. If each box weighs 10 kilograms and each peach weighs approximately 150 grams, how many peaches will be in the box?

Answer: 10 kg ÷ 0.150 kg = 67 peaches   There will be 67 peaches in the box.

Madeleine is planting a peach orchard. Peach trees should be planted about 5 metres apart. If she is planting a 4,050-metre block with 5-metre tree spacing, how many trees could she plant?

Answer: 4,050 m ÷ 5 m = 810 trees   She could plant 810 trees.

If each tree produces 60 peaches, how many peaches will she have?

Answer: 810 trees x 60 peaches = 48,600 peaches   She will produce 48,600 peaches.

If she can sell each peach for 33 cents, how much money will she make?

Answer: 0.33 x 48,600 peaches = $16,038   She will make $16,038 from her peach tree orchard.

Our orchardist, Madeleine, has 74 peaches left over from her grocery store order. She sells 36 of them at her farm stand and she gives 14 away to her neighbour so he can make some pies. Her children take 6 to make smoothies with, then her mother takes 17 so that she can preserve them. How many peaches does Madeleine have left? What could she do with the leftovers?

Answer: 74-36-14-6-17=1   She could eat the last peach.

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