



## GO AHEAD: GIVE IT A SNIFF!

Peaches are a member of the rose family. Just like roses, a ripe peach gives off a sweet aroma, or smell. In fact, one of the best ways to tell if a peach is ripe and ready to eat is to smell it.



## FUZZY WUZZY WAS A PEACH

Do you notice that your peach has a soft, furry fuzz on its skin? Scientists aren't sure why peaches have fuzz. It might be to protect the delicate fruit from rain and dew, or to keep it from losing too much moisture in dry weather. It may also help keep insects away. Peach fuzz is fine to eat. If you'd like to skip the fuzz, giving your peach a good wash should remove most of it.

## FROM THE PEACH TREE TO YOU!

Peaches, like cherries, plums, nectarines, and apricots, are a stone fruit that grows on trees. In BC, most of our peaches are grown in orchards in the hot and sunny Okanagan Valley. There are lots of ways to get farm-fresh peaches no matter where you live in BC.

If you visit a U-Pick farm in late July or August, you can see what it's like to work in an orchard and even pick your own ripe and juicy peaches fresh from the tree.

If you can't get to an orchard, freshly picked peaches can still get to you, but first, they need to be kept cool to keep them fresh and slow down ripening.

Some farmers sort, cool, and pack their peaches at the farm gate to sell at farm stands and farmers' markets. But most peaches are sent from the farm to a packing house to be sorted, cooled, and packed, then shipped to stores and to you!



## WHERE DO YOU GET YOUR PEACHES?



A **grocery store** carries all kinds of foods, including many fruits and vegetables. Some, like BC-grown peaches, are grown locally, and others are transported to the store from other parts of the world.



A **farmers' market** is a place where many local farmers gather to sell fruits, vegetables, and other fresh farm-grown products. Many places host weekly farmers' markets, and some of them have hundreds of tables selling fresh produce. They are a great place to talk to the people who grow food for your community.



A **farm stand** is a roadside shop that sells fresh, local, farm-grown fruits and vegetables. A farmer will set up a stand right at the entrance to their farm to sell their fresh produce. There are hundreds of farm stands around BC.

Farmers' markets and farm stands are a popular way to buy fresh peaches, as are U-Pick orchards, where visitors can pick their own. Peaches are a delicate fruit, so they are always handpicked. Once delivered to a packing house, peaches are sorted, graded, packed, and cooled quickly to ensure the freshest and best quality product for consumers. Even though picking peaches in an orchard is done by hand, most sorting and packing jobs in a packing house are done using special machines.

## ACTIVITY: FROM THE ORCHARD TO YOUR PLATE

Curriculum Connection: Language Arts - grades 1 to 3: Use personal experience and knowledge to connect to stories and other texts to make meaning.

Read "From the Peach Tree to You!" and "Where Do You Get Your Peaches?" on the student side of the sheet to your class. Record the steps involved in a peach's journey from orchard to plate randomly on the white board. Have the students write and illustrate the steps in the correct sequence.

Your students may want to include a final transportation step for their peach from the packing house to their school. Have your students enjoy eating a peach, and with each bite that they take, ask them to think about each step their peach took to arrive on their plate.

## ACTIVITY: WEATHER PROTECTION

Curriculum Connection: Science - grades 1 to 3: Experience and interpret the local environment.

Scientists believe that peach fuzz may help protect the fruit from insects, rainfall, and heavy dew, and it also helps to reduce moisture loss under semi-arid conditions.

Have your students think about the clothes they put on this morning to get dressed for school. Now, have them think about their outdoor clothing and footwear. Is there any clothing or accessories they would use to protect themselves in different weather conditions? List the four seasons on the white board with their ideas.



## MATH QUESTIONS

Curriculum Connection: Mathematics - grades 1 to 3: Develop, demonstrate, and apply mathematical understanding through play, inquiry, and problem solving. Represent mathematical ideas in concrete, pictorial, and symbolic forms.

For the following question, use numbers appropriate to your class's grade level (e.g. 5 kg of peaches). Use visuals and concrete objects to reinforce to students that there are many ways to find the answer. The students could practice counting by 5's to find the answer, or they can use addition or multiplication equations.

A farmer could harvest \_\_\_ kilograms of peaches from one peach tree. The orchard has \_\_\_ rows with \_\_\_ trees per row. How many kilograms of peaches could the farmer harvest in a season? Include your number equations.

Part of the objective of this next question is for students to think outside the box and realize that growers sometimes need to organize their orchards around obstacles.

A farmer has \_\_\_ peach trees. He needs to plant part of his orchard around a large rock. How could he create his orchard design? Draw or illustrate your design with equations.

### PLUMP PEACH VOCABULARY

**Aroma:** a noticeable and usually pleasant smell or scent.

**Farmers' market:** a place where local farmers gather to sell fruits, vegetables, and other farm-grown products.

**Orchard:** a field or farm planted with fruit trees.



### FAMILY CONNECTION

Find a BC farmers' market near you at [www.bcfarmersmarkettrail.com](http://www.bcfarmersmarkettrail.com), then suggest to students that they visit the market, or a local farm stand, to buy some peaches with their families.