



FAMILY NEWSLETTER

PEACHES

This month the children will be learning about and trying peaches. Peaches are a sweet fruit with a fuzzy skin that are most in season in the summer months. They are high in vitamins A, C, and fiber. They are a stone fruit, meaning they have a large seed/pit in the middle of the fruit. There are two different varieties, clingstone or freestone, named for whether the flesh of the fruit clings to the stone/seed, or comes apart from it easily.

Peaches and Cream Overnight Oats:

- 1 container yogurt (5.3 oz.)
- 2 Tbsp. milk
- ¼ cup old-fashioned rolled oats
- 1/8 teaspoon pure vanilla extract
- ¼ cup cubed peaches
- 1 teaspoon chia seeds (optional)

Directions: Mix all the ingredients. Cover and refrigerate overnight. Top with more peaches in the morning!

Kid friendly ways to
eat peaches

Smoothies

Baked Peaches

Peach sorbet

Peaches and cream
oatmeal