



August
2009
#3

DIRT fresh news

Peaches

Facts to know:

- August is National Peach Month!
- The peach originated in China and has been cultivated since 1000 B.C.
- Peaches are either clingstone (fruit clings to the pit) or free-

Who Grows Them?

Tyson Hill

Farms grows boysenberries, blackberries, apricots, cherries, peaches, plums, pluots, nectarines, grapes, grapefruit, figs, loquats, Meyer lemons, pineapple guava, pomegranates, persimmons,



tomatoes and walnuts!

The family run farm has been in business for over 55 years. The farm is located on Blossom Road near Waterford.

The family contributes their success to good stewardship of the earth. The soil where

their trees and vines thrive is called Hanford loam, and is considered some of the best farming soil in the world. To ensure the good health of their soil, the family plants cover crops (aka. green manure) each year. They also

Vitamins A,B,C

- California grows 175 different varieties of peaches
- A flat peach variety called "Saturn" resembles the rings of Saturn
- Peaches are a good source of vitamins A, B and C



use tons of compost.

Their motto is "healthy soil grows healthy food".

Tyson Hill Farms has been a fixture at the Modesto Farmer's Market for over 31 years! Don't forget to stop in and say "hi" and thank this generous farm family (Indira Clark, Sam, Rachel and Josh Tyson) for this month's free peach tasting.

Teachers: What is a cover crop? Why is it important? Find a picture of red clover and show the students.

Nutrition Facts

Serving Size 175 g

Amount Per Serving	Calories	Calories from Fat	% Daily Value*
Total Fat 0g	0	0	1%
Saturated Fat 0g	0	0	0%
Trans Fat	0	0	0%
Cholesterol 0mg	0	0	0%
Sodium 0mg	0	0	0%
Total Carbohydrate 17g	17	6	6%
Dietary Fiber 3g	3	0	10%
Sugars 15g	15	0	0%
Protein 2g	2	0	0%

Vitamin A 11% • Vitamin C 19%

Calcium 1% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

NutritionData.com

LOW FAT GINGER PEACH PARFAIT

Ingredients :

2 1/2 oz Low Calorie Vanilla Pudding Mix

2/3 cup Skim Milk

1 cup Chopped Peaches, Pitted And Peeled

1 cup Prepared Low-Calorie Whipped Topping

1/4 tsp Ground Cinnamon

1/4 tsp Ground Ginger

1/4 tsp Ground Nutmeg

In a medium bowl, blend the pudding mix and milk. Microwave at high for 4 to 6 minutes or until slightly thickened, stirring two or three times during the cooking. Stir in the peaches and cover with plastic wrap. Chill until set. Blend the spices into the whipped topping. In each of 4 parfait glasses, layer 1/4 cup of the pudding mix, 3 T of the whipped topping. Then layer another 1/4 cup of the pudding mix on top of the whipped topping and 1 T of the topping. Repeat in the remaining 3 glasses.

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Make time for play

By Terri Spezzano, Nutrition, Family and Consumer Sciences Advisor at University of California Cooperative Extension

Did you know that children learn the most when they are having fun? At play they learn important skills needed for healthy development. For example, physical play like running and jumping teaches them coordination and balance. Small motor play like blocks and drawing helps them learn hand-eye coordination. Problem-solving activities like puzzles and sorting develops their thinking skills. Verbal play like reading and singing helps them develop language skills.

Children enjoy play more when playing with someone. It helps if adults initiate play with young children. Young children do not start to enjoy playing with peers until they are around 3 years of age. Prior to this they need one-on-one interaction with a caring adult. This is a time when parents can connect and build important bonds with their children. Re-

member that the process of play includes being noisy and messy. Don't be afraid to encourage this type of behavior, because it is a crucial part of a child's development.

Here are some tips to increase your child's physical activity:

- Praise your child – This encourages them to practice new skills
- Make it fun – Dance to music or play games with your children: Pretend to be different animals (hop like a frog, run like a cheetah)
- Mix it up – Give your child choices: "Would you like to ride bikes to the park, or go swimming?"
- Talk to your children while they are playing – "Let's see how high you can jump"
- Reduce non-active time – Limit time spent with TV, computers, and video games to 2 hours a day
- Be a role model – Join in your children's activities
- Make it a habit – Do something active everyday with your children

• Try adding 10-15 minutes of physical activity every day, with the goal of at least 1 hour a day

Check this out!

- A

nectarine is a cultivar of a peach. The only difference between the two is that a peach has fuzz on its skin while a nectarine doesn't

- Plant peach trees in winter or spring. Your tree will get peaches just a few months later!
- Peaches can have either white or yellow flesh
- Peaches are delicious in cereal or with cottage cheese!

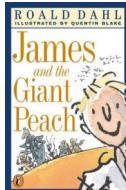


Teacher Corner

Language Art-Problem Solving

As the students listen to or read James and the Giant Peach, have them list a problem that James has to solve. Then, ask them how he solved it.

Art: Take a walk outside and have students pick up leaves,



flowers, twigs, and rocks, etc. Have them use their imagination to create a magical place or creature on paper.

Math: What is the circumference of a peach? The diameter? How much does a peach weigh in pounds? In ounces?

Science: Learn more about the insects in the story. Go to <http://www.bugbios.com/> OR <http://nathistoc.bio.uci.edu/spliders/index.htm> OR <http://www.cirrusimage.com/>

Find the hidden words within the grid of letters.

J	M	M	A	K	E	S	B	E	H	U	R
Y	Z	E	W	H	A	T	N	N	I	N	M
Z	P	Y	E	J	Y	O	O	H	T	V	
I	Z	E	H	R	T	N	R	T	W	R	O
Y	X	C	A	S	T	E	B	S	N	B	E
L	W	A	E	C	S	V	G	O	C	T	
Z	A	E	H	W	H	X	R	N	C	H	L
U	R	R	V	I	T	A	M	I	N	C	F
F	Y	C	I	U	J	A	Y	L	N	R	K
R	W	G	S	J	F	I	M	C	U	Z	P
U	Q	O	D	I	P	D	H	I	U	R	L
V	U	C	L	M	H	O	T	M	J	X	B

Picking

- Pick when the fruit separates easily from the tree. If it is hard to pull off the tree, it isn't ripe!
- Softness: unless you like your peaches very firm, pick your peaches with just a little "give" when gently pressed
- For best flavor, allow the fruit to ripen fully on the tree.
- Pick gently, with little pressure. Use the sides of your fingers

Tip Center

Storing

- Peaches should be refrigerated and used within a few days.
- Putting peaches and nectarines in a loosely closed paper bag at room temperature for a day or two can help soften firm fruit - but they won't become sweeter or ripen further - that stopped when they were removed from the tree.
- Store at 33°F to 40°F and high humidity (a vegetable drawer in the fridge).

Try This At Home

Peach Chicken Barbecue



Remove chicken breasts and discard marinade

Grill on the barbecue until golden brown

Add peaches with juice, syrup and butter to a sauce pan

Total Time:

1 hour 20 minutes

Serves: 4

Ingredients

- 4 boneless skinless chicken breasts
- 1 cup of orange or mango blend juice
- 1 tsp cinnamon
- 3 or 4 sliced peaches
- 1/2 cup maple syrup
- 1 tbsp butter

Directions

Divide juice and cinnamon between two zip lock bags.

Place chicken in one and peaches in the other.

Marinate in the fridge for one hour

Heat to medium and allow liquid to simmer and thicken

Pour over grilled chicken breasts

Taken from <http://fooddownunder.com/>